



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

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720 Goodlette Rd. N, Suite 304, Naples, FL 34102 • [www.AttorneyShapiro.com](http://www.AttorneyShapiro.com)

## You Have to Spar With People Better Than You Lessons From Wrestling and Olympic Athletes

It's kind of wild to think that after more than a year of restricted travel and small or no social gatherings, over 11,000 athletes from around the world are meeting this month in Tokyo to compete in what was supposed to be the 2020 Summer Olympics. Since the games don't happen that often and I like watching sports, I'll definitely be tuning in. But I have to say that one of my favorite things about the Olympics is that athletes and sports that don't get much mainstream recognition have their chance to shine.

Since I was a wrestler in high school, that's one sport I particularly like watching. Unlike basketball, wrestling isn't backed by a huge organization with a lot of money, and it doesn't have an annual schedule that's streamed live from preseason to playoffs. I get my fix while I can. The International Olympic Committee actually decided to drop wrestling from the Olympics, but luckily, it was readmitted. It may not draw the highest ratings, but there's a lot to be learned from the sport.

For one thing, as an individual sport, it teaches you a lot about self-discipline. That includes knowing your strengths and weaknesses as well as understanding how to advance. For better or worse, improving my skill set meant going up against guys who were stronger and more skilled than me. It's never fun to lose — especially for people like me who have a strong competitive drive — but if you don't spar with people who

are better than you, you won't get better yourself. It also keeps you humble.

I probably wasn't aware of it at the time, but with the benefit of hindsight, I can see that this self-discipline served me well. For instance, as a student, I wasn't

always the smartest person in the classroom. Of course, you've got to have brains and wits to get through college and law school, but I saw extremely

intelligent people drop out while I continued to plug along — eventually graduating with honors.

It just came down to having the discipline to stay in and study instead of going out to a party or doing something more fun. There was no lack of opportunity for distraction, so I really had to exercise that self-discipline, especially in my college days.

While wrestling is, at the end of the day, an individual sport, you're also part of a team. And having teammates around who were striving for the same goals as me, and who could push me, helped keep me on track. I took that lesson with me to college too. I found other students to study with and tried to hang around people who were focused and dedicated.

Olympian wrestlers and other athletes are really the ultimate in self-discipline. You don't get a lot of glory or money even if you're the top freestyle or Greco-Roman wrestler in the world! If you're not a wrestling fan, you might not even be familiar with those two styles, which goes to show how little notoriety there is in fringe sports like that. But these athletes have an internal drive to perform at the highest level and the self-discipline to stick with it. It's not the 15 minutes of fame every four years that motivates them; it's their own internal drive.

That's pretty incredible, and so are all of the athletes who have made it to Tokyo. I look forward to tuning in, and I hope you'll get to catch your favorite events as well.

*Marc L. Shapiro*



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## 3 Ingredients That Are a Waste of Time, Money, and Taste Buds!

There are several foods in just about every supermarket that aren't what they seem. These are foods that may appear perfectly fine at a glance, but they are actually a waste of time, money, and pantry space. Here are three of those foods and their better alternatives!

### Beef Broth

When you buy beef broth, you buy it with the expectation that it is, in fact, beef-based. However, many products that call themselves "beef broth" are actually yeast-based. All of their flavor comes from yeast and various spices, not beef, thanks to lax U.S. Department of Agriculture (USDA) regulations on beef broth. The product may have just enough actual beef broth for it to be on the ingredient list and label. The next time you need beef broth for a recipe, replace it with the same amount of chicken or vegetable broth, both of which have more stringent USDA regulations.

### Cooking Wine

This is one of the biggest scams in the culinary world. First, most products called "cooking wine" on their label are low-quality wines. Second, many manufacturers add salt to cooking wine. If you encounter a recipe that calls for cooking wine, in general, stick to regular wine that you would serve on its own. Use white wine for lighter-in-color dishes, such as risotto, and red wine for dark, richer dishes, including sauces and gravies.



### Ground Black Pepper

Many spices can actually fall under this category, but ground black pepper tends to be the most popular — and the most problematic. When spices, like pepper, are ground, they come into contact with air and begin to oxidize and lose flavor. Ground spices stored in sealed containers in a cool, dry place will lose flavor slowly, but ground pepper tends to be left out, which means it loses flavor faster. Instead, invest in a pepper mill and fill it with whole peppercorns. The flavor difference in your dishes will be noticeable!

## THE CHALLENGES OF PROVING A COVID-19 PERSONAL INJURY CASE

There have been almost 2 million total positive COVID-19 cases reported in Florida alone. Though some who've contracted the virus experienced no symptoms, others had to deal with serious symptoms, hospitalization, and long recovery times. This has led many to wonder if it's possible to sue someone for infecting them with COVID-19.

The short answer is that it is possible to have a successful case, but there are a few challenges.

### Proving Negligence

To prove negligence in a personal injury case, you must establish that the defendant owes you a duty of care (to not expose you to harm) and that they breached that duty. When it comes to COVID-19, individuals who've tested positive for the illness have a duty to wear a mask, social distance, and self-isolate as instructed by health professionals. To establish negligence, you must be able to prove, for instance, that they were instructed to self-isolate but failed to do so.

## Mexican Corn Salad



Inspired by JoCooks.com

One major challenge with this is that many who have been infected with COVID-19 were asymptomatic and could have passed the virus on unknowingly, which makes it difficult to prove a breach of duty.

### Proving Causation

The second challenge to this type of personal injury claim is establishing that the defendant's breach of duty is what caused you to suffer injuries. More specifically, you must be able to show that the defendant was the specific person who gave you the virus. This can be difficult, of course, because of the prevalence of COVID-19.

### Accounting for Contributory Fault

If you are able to prove negligence and causation, there's one final hurdle: assessing what's called contributory fault. Essentially, a defendant can claim that you are also to blame for the infection if you did not take every necessary precaution to protect yourself. If you weren't adhering to masking and social distancing guidelines, the defendant may be able to prove you were at least partially to blame for contracting the virus. While this may not disqualify your case entirely, be aware that it can reduce the compensation you're awarded if your claim is successful.

To better understand how these three elements may affect your case, contact one of our experienced attorneys at *The Law Offices of Marc L. Shapiro, P.A.* Call us at (239) 649-8050 or visit our blog at [AttorneyShapiro.com/blog](http://AttorneyShapiro.com/blog) to learn more about how we can help.

*Don't let the long ingredient list scare you. This summer salad celebrates in-season veggies and herbs and comes together quickly.*

### Ingredients

- 4 cups of fresh corn, cut from 5 cobs
- 1 tbsp olive oil
- 1/2 red bell pepper, chopped
- 1/2 red onion, diced
- 6 green onions, chopped
- 1 jalapeno, diced
- 1/2 avocado, cubed
- 1/4 cup fresh-squeezed lime juice
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and pepper, to taste
- 2 tbsp sour cream
- 2 tbsp mayonnaise
- 1/2 cup fresh cilantro, chopped
- 1/2 cup cotija or feta cheese, crumbled

### Directions

1. In a cast-iron skillet over medium-high heat, add oil and corn. Cook, stirring occasionally, for 3–5 minutes or until corn starts to char.
2. Add the corn to a large bowl and let cool for 5 minutes, then add the remaining ingredients and stir together until well combined. Taste and adjust seasoning.
3. The salad pairs well with grilled entrees and can be refrigerated in an airtight container for up to 4 days

## WHAT OUR CLIENTS ARE SAYING

### 'Superior Knowledge' and a Team Effort

"I had an excellent experience with attorney Randall Austin, Belinda, Shawn, and the staff at Marc Shapiro's office! They have superior knowledge of their law practice, and there was a complete team effort amongst the staff. They responded promptly to my questions and concerns regarding my case (for eight long months), which was extremely supportive and comforting. I feel very fortunate to have had them represent me for my personal injury case. I'm very happy with my outcome, and I definitely recommend this office for representation."

-Libby



### 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.

## Word Search



- ALIEN
- BALLPARK
- CHERRY
- FIRECRACKER
- FLAG
- INDEPENDENCE
- ORCHID
- PADDLEBOARD
- PATRIOTIC
- SUNDAE
- SUNSCREEN
- TRAMPOLINE

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## *Want to Save Money and Improve Your Diet?*

### GROW YOUR OWN SPROUTS!



You've probably crunched down on a mouthful of bean sprouts in a sandwich or stir-fry, but those delicate white stalks are just one part of the massive, super-healthy sprout family. Almost any seed, bean, nut, or grain can be sprouted, including black beans, broccoli, sunflower seeds, and quinoa! Sprouts offer tons of health benefits, including essential vitamins and minerals, digestion-easing fiber, and age-fighting antioxidants.

Sprouts will level up your diet, but they can be expensive and come in non-recyclable plastic containers. To get the benefits without the hit to the wallet or the planet, grow your own with this handy five-step guide.

1. Decide how many types of sprouts you'd like to grow. Then buy your seeds at a local garden center or online at TrueLeafMarket.com or SproutPeople.org.
2. Purchase a seed-sprouting jar kit OR a corresponding number of quart-sized glass canning jars, wide-mouthed canning rings, and stainless-steel sprouting screens (these will replace the metal jar lids). If you have jars and rings at home, use those and save another buck.

3. Add 3 tablespoons of sprouting seeds and 2 cups of water to the bottom of each clean jar. Screw on the lids and sprouting screens, then swirl the seeds, pour out the water, and replace it another 2–4 cups of water. Leave the jars on the counter to soak overnight. (These measurements may vary from seed to seed. Check your seed packaging or ask your local gardening store for guidance.)
4. In the morning, dump out the water and repeat Step 3. Then, place each jar upside down or at an angle (in a bowl or on a stand) and leave it there to fully drain. Toss your sprouts and start over if they start to smell rancid or turn brown.
5. Repeat Step 4 several times a day for 3–5 days, until your seeds sprout. Then, dry the sprouts and store them in the fridge.

When it's time to eat your homegrown sprouts, be careful! Seeds can be contaminated with bacteria, so The Cleveland Clinic recommends boiling, roasting, or steaming your sprouts, just in case. To learn more about growing your own sprouts, pick up "The Sprout Book," "The Sprouting Book," or "Homegrown Sprouts" at your local library.