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Self-Help Books Can't Do It All

HOW READING FICTION CAN BENEFIT YOU

Many CEOs and other successful individuals continually espouse the benefits of regular reading. Many times, leaders read self-help books to improve their leadership skills and become more successful.

This is all well and good, but even the most successful people in the world could be missing out on the unique benefits that come specifically from reading fiction. But what are those benefits exactly?

GREATER EMPATHY

When a psychologist analyzed 86 functioning MRI (fMRI) studies, he found that the same parts of the brain that fire up when reading fictional stories also fire up when we're seeking to understand the thoughts and feelings of others. That's because when the characters in the book we're reading are thinking or feeling a certain way, we tend to think or feel that way with them.

LESS STRESS AND BETTER SLEEP

When we read fiction specifically, we tend to disengage from the world — and that's a good thing! Our brains can't always be functioning at their peak capacity. We need breaks, or else we'll stress ourselves out and negatively affect other areas of our lives. Stress tends to keep



us from sound sleep, but reading fiction before bed engages the imagination, taking us away from the stresses of everyday life before we drift off.

MORE COMFORT WITH UNCERTAINTY

Even though many stories (particularly those portrayed in popular movies) have nice happy endings, most people would agree that life sometimes leaves things a little more open-ended. While this fact might stress out some people, researchers have discovered that fiction readers don't need "cognitive closure" as much as nonfiction readers.

GREATER HAPPINESS

Even if none of the benefits of fiction interest you, everyone wants to find ways to make themselves happy — and for many, that is reading fiction. According to one survey, 76% of participants said that reading makes them feel good and improves their lives. So, what are you waiting for? Dust off that novel you've been meaning to read and crack it open!



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Celebrating Adopt a Shelter Dog Month

With Our Newest Family Member, Milo



Earlier this year, we added a new member to our family — a French bulldog named Milo. October is Adopt a Shelter Dog Month, so I wanted to take a moment to introduce you all to the newest Shapiro.

Technically, Milo didn't come from a shelter. He's actually a purebred who belonged to a friend's daughter. She didn't have the ability to care for him after the birth of her baby, and our friend thought Milo would be a good fit for our family. We agreed, so he skipped the shelter altogether and came home with us.

Milo is still less than two years old — which means he has a lot of energy. He also loves to be around people and, like a lot of dogs, doesn't want to be left alone for long periods of time. So, when the kids are at school and my wife is at work, I take him to work with me.

He's become something of a mascot around the office and thankfully behaves well while he's here. The staff love to take goofy pictures of him and add funny backgrounds or accessories. There's also a dog park nearby, so I can take him over to exercise and watch him have a great time.

Milo and the kids are getting to be good friends. My daughter loves animals and takes any opportunity to be around them, so she's thrilled to have another pet in the house. (We also have a cat and a rabbit.) While my son is a little hesitant in his company, learning to approach Milo has built up his confidence and helped to teach both of the kids responsibility.

I've always been an animal lover, but a dog is a big responsibility that shouldn't be taken lightly. I had dogs growing up, but when I moved out of the family home, there were a couple of decades when I didn't have a

pet. I certainly wanted one — but I was working all the time, and I knew it wouldn't be fair to leave a dog home alone all day. It was only once I had a family to help that I felt comfortable bringing a dog into the household.

Sometimes, people underestimate the amount of work a pet takes. Puppies are cute, but you have to train them, socialize them, and spend a lot of time with them. They don't like to be alone, so it's good to have someone in the house with them most of the time. If you don't, they can become depressed, bored, and even destructive.

I think that's how a lot of dogs end up in shelters. So, everyone can do their part by either adopting a shelter dog or not adopting one if they're not ready. Anyone who is interested in a dog should take into consideration the amount of exercise and attention it will need, as well as its general disposition and how it will fit in with your life. Adopting a dog who is a bad fit won't do them any favors and might make things more difficult if they need to be relinquished.



If you're ready to make the commitment and adopt, we have some great shelters in the Naples area. The county's Domestic Animal Services takes in all kinds of animals and works hard to adopt them out; they can be reached by phone at (239) 252-PETS. We also have the Humane Society of Naples, a no-kill shelter that does excellent work. You can view adoptable pets or donate at HSNaples.org, and they always need foster homes and shelter volunteers.

Dogs are some of the best companions a human could ask for. If you are able to welcome one into your home, your generosity will be rewarded tenfold with someone who's loyal and always happy to see you. Milo pays our family back in love every day.

Marc L. Shapiro



Fun for All This Fall

5 CORN MAZE SAFETY TIPS

Fall brings apple cider, pumpkin patches, fun seasonal outfits, and corn mazes. Unless you are visiting a “haunted” corn maze, you and your family probably won’t be chased by a chainsaw-wielding serial killer while you try to navigate through. However, safety risks are still present. Here are five safety tips to keep the fun coming during your next corn maze experience.

FOLLOW THE RULES.

At the entrance to each corn maze, there should be a sign stating the rules for visitors. For the safety of yourself, your children, and others, be sure to read each rule and follow along. Always accompany your kids in the corn maze — it is a maze, after all!

WATCH FOR TRIPPING AND FIRE HAZARDS.

Keep your eyes peeled for any obstacles on the path, including holes, bumps, ruts, and corn stalks. While navigating a maze, it can be easy to forget to look down while searching for the exit. To prevent fires, you should also avoid smoking and never use matches or lighters.

WEAR PROPER FOOTWEAR.

Ensure that you and your family all have proper footwear, preferably closed-toed shoes, while exploring the maze. You never know what kind of critters or potentially harmful hazards may appear in your path.

EAT BEFOREHAND AND STAY HYDRATED.

Be sure to eat before setting out into the maze and don’t bring any glass bottles with you, as it can be dangerous if broken. Furthermore, do not consume alcohol before or while enjoying your time at the corn maze.

BE PREPARED.

Accidents can happen, usually at the most unexpected times! It is important to always have a first-aid kit handy. Be sure to call 911 in an emergency and let staff know what is going on.

As long as safety is the top priority this fall, fun will be had by all!



WHEN AN ANESTHESIOLOGIST MAKES A MEDICAL MISTAKE

You May Be Owed Compensation

Medical professionals are only human, so medical errors happen every day. Anesthesia errors are one of the most serious types of medical errors that can occur.

When an anesthesia error happens, the results can be catastrophic and life-altering. Incorrectly administered anesthesia can result in death, and patients who survive can suffer from a host of severe medical conditions or permanent disabilities. Some common injuries that can result from anesthesia errors include nerve damage, heart attacks, strokes, blood clotting, brain damage, internal bleeding, and comas.

Anesthesiology is complex, so errors can happen in a variety of ways. Anesthesiologists can deliver the wrong drug or the incorrect dosage. They could also fail to properly monitor a patient, correctly intubate them, or avoid known allergic reactions. Errors can also occur when patients are not given vital information about necessary food or alcohol restrictions prior to surgery.

The law in Florida allows for compensation in the event that a person is injured due to an anesthesiology error. To receive damages, however, the plaintiff must prove that the error resulted in serious injuries and was caused by medical negligence. This generally means that the anesthesiologist will need to have breached prevailing professional



standards of care. If the anesthesiologist is found to be negligent, the injured person is entitled to compensation not only for their medical expenses but also for their pain and suffering.

Medical malpractice lawsuits are complex, so victims need the help of an experienced attorney. Insurance companies and hospitals will do everything they can to avoid paying out damages and can engage in underhanded tactics. A medical malpractice attorney can support you by examining the events that led to your injury, identifying all liable parties, finding expert witnesses, and determining the correct compensation amount you are owed.

If you or a loved one has been injured as a result of an anesthesiologist’s negligence, contact one of our personal injury attorneys today to schedule a consultation. We will do everything in our power to ensure that those responsible are held accountable and you receive the compensation you deserve.

WHAT OUR CLIENTS ARE SAYING

“The Best Service Available in SWFL”

“I went to the Law Offices of Marc L. Shapiro after being involved in a multi-vehicle accident. I’d been abruptly dropped from “the largest injury law firm in America,” which has a deservedly low rating. I was impressed with the professionalism and personal care immediately when I entered the office. Special thanks to Iris and Belinda for all their hard work and direction, as this was the first time in 60 years that I’ve needed a personal injury lawyer. I can see why *The Law Offices of Marc L. Shapiro, P.A.* has a five-star rating, and I would not hesitate to recommend this team to anyone seeking the best service available in southwestern Florida.”

-Felix H.



How Are We Doing?

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.

Oktoberfest Soft Pretzels

Bring the salty taste of Oktoberfest to your home kitchen with these soft pretzels!



Ingredients

- 1 1/2 cups warm water
- 1 1/2 cups flour
- 1 tsp salt
- 1 packet active dry yeast
- 3 tbsp oil, divided
- 2/3 cup baking soda
- 2 eggs, beaten
- Coarse salt, for sprinkling

Directions

1. In a bowl, combine water, salt, and sugar. Add yeast and let rest for 5 minutes. Add flour and 2 tbsp oil, then mix thoroughly into a dough.
2. Remove the dough from the bowl. Coat bowl with remaining oil, then return the dough, cover with plastic wrap, and set it aside in a warm place for 1 hour.
3. Preheat oven to 450 F.
4. Cut dough into 8 pieces. Roll them into thin ropes, then twist ropes into pretzel shapes.
5. In a large pot, boil water. Add baking soda, then boil each pretzel for 1 minute, flipping halfway through.
6. Transfer pretzels to a baking sheet. Brush them with egg and sprinkle with salt. Bake for 10–15 minutes. Enjoy

Word Search

N O O M K Y E E Q Z H D J D T
 S J A C T L I G R M A G Z P W
 N H A R M O D N M L P X J S
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 ORANGE
 PARTY
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