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All Paws on Deck

Keeping Pets Safe in Emergencies

When a disaster strikes, it's not just your home and immediate family you need to protect; your furry family members also need you to keep them safe. By preparing for the unexpected and ensuring you have the right supplies, lines of communication, and arrangements, you can help reduce the stress and uncertainty for you and your furry companions. Get ready to be all paws on deck with these tips to keep your pets safe during emergencies.

Be Purr-pared With a Plan

Make sure you include your pet in your household's overall emergency plan. You will avoid stressful scrambling at the last minute when a disaster occurs. If you need

to evacuate, account for all pets so they don't get hurt or lost in the chaos. Not all public shelters and hotels allow animals to stay, so determine a safe place to take them. It's also important to assign a friend, neighbor, or family member to care for your pets if you cannot. If you have not microchipped your pet, now is a great time. Shelters can scan microchips to determine a lost animal's home and owner's contact information.

Pack for Your Pets

Create an emergency kit for your pets that includes supplies they need to survive a disaster. You should have a few days' supply of food, water, and any medications your pet needs. Ensure you have a backup leash and

collar and copies of your pet's registration. Include grooming items and sanitation tools like pet litter and paper towels. Items like favorite toys or your pet's blanket can comfort them in stressful situations like an evacuation.

Travel-Ready Tails

Make sure you are ready to transport your pet in a travel carrier quickly. Place their carrier open in an area your pet is comfortable with, like a favorite napping spot. You can add a familiar blanket and toy inside to reduce their stress and use treats to encourage them to go inside. Make a mental note of your pet's behavior during stressful times so you know where their go-to hiding spots are.



March 2025

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SOCCER FANS, REJOICE

FC Naples Is Here, and They're Ready to Win!

When I first heard about FC Naples, I knew it would be something special. As the area's first professional soccer team, they'll not just bring an exciting new sport to Naples; it's a new chapter for the city. With the state-of-the-art Paradise Coast Sports Complex as their home and a dynamic roster of athletes, their inaugural season in March is sure to be one for the books. As the enthusiasm builds, I'm thrilled to support the latest expansion of the United Soccer League as a proud sponsor and their official law office. Though you won't see me kicking the ball around, you will spot swag from The Law Office of Marc L. Shapiro at the sports complex and even me occasionally in the crowd. Here's a sneak peek of the season.

United Soccer League

FC Naples is the first professional soccer team in our little paradise here in sunny Naples. It is an expansion of the United Soccer League, North America's fastest-growing professional soccer organization. USL has been providing opportunities to grow the game for over a decade, with over 200 clubs in its current membership. Our home team is part of the USL's recently created League One, and we're in good company. The league includes teams from South Carolina, Maine, Virginia, Georgia, and Washington, to name a few.

Paradise Coast Sports Complex

One of Naples' crown jewels is the new Paradise Coast Sports Complex, a sprawling 175-acre sports and entertainment venue just 15 minutes from downtown. The stadium where FC Naples will take on their competitors is the centerpiece of PCSC, able to hold 5,000 cheering fans. The complex features the most current technology, food and beverages, VIP zones, and plenty of fun for the whole family. PCSC was a significant investment in the community for Naples and will be a hub for all things sports, with five full-size turf fields that can host soccer, football, lacrosse, and field hockey. There's still more to come with the complex, like baseball fields, a Great Wolf Lodge, a resort hotel, and a waterpark.

Our Home Team

FC Naples has assembled a talented roster of players, ready to make their mark when the season kicks off on March 8 against the Chattanooga Red Wolves SC. With a mix of seasoned professionals and rising talent



representing 12 different nationalities, the team is shaping up to be a formidable force in the league. Leading the action is Head Coach and Sporting Director Matt "Gaffa" Poland, who brings years of experience coaching the sport. The team hit the stadium for its first official practice in early January, and the athletes are feeling confident as they prepare for the historic debut season. South Florida's soccer fans are already coming out in droves to support the team, with 400 people attending the unveiling of the team's uniforms in December.

Be Part of the Action

There's nothing like the thrill of a great soccer game, and FC Naples will bring the fun right to our backyard. Season and single-game tickets will be available on the FC Naples website, and there's not a bad seat in the entire stadium. The debut season starts March 8 here at PCSC at 7 p.m. and continues through Oct. 25.

As a proud sponsor, The Law Office of Marc L. Shapiro wants to send you to see the action this season. We're giving away free tickets to FC Naples home games. Scan the QR code above to access our ticket request form, and let us know which game you want to see.

FC Naples is more than just a new team; it's a celebration of our community and a chance to witness history in the making. As they take the field for their inaugural season, let's show up, cheer loudly, and make the Paradise Coast Sports Complex the most exciting place in town!

Marc L. Shapiro



WOULD YOU BE-LEAF IT?!

Getting Outside Can Help You Feel Better

Many of us neglect our mental health because we've desensitized ourselves to stress, instead teaching ourselves to "white knuckle" through the day. However, if you knew a better way to manage your stress, you could loosen the reigns more, right? Well, when was the last time you spent some time outside? Whether it's going on a hike, tending to your garden, or riding a bike, research reveals the positive effects on your mental health of spending time outdoors.

Improved Overall Mood

Everyone occasionally falls into a "funk." And while it's normal to experience that mood at times, it shouldn't be a constant feeling. A 2010 study revealed that exercising in nature for just five minutes improved self-esteem and overall

mood. Experiencing nature often makes people feel grounded and more connected to the Earth, leading to feelings of happiness and a sense of purpose. A separate study revealed that participants who went on nature walks had increased positive emotions after the walk.

Positive Brain Stimulation

When you spend time outdoors, taking in the sunlight and fresh air, your body releases the feel-good hormone serotonin in return. Many antidepressant medications work by inhibiting reabsorption of this key neurotransmitter. Additionally, sunlight activates melatonin release, which helps regulate our internal clock. The more sunlight we get each day, the more our bodies know when it's time to go to bed.



Enhanced Focus and Attention

Whether at home or in the office, our brains can go a mile a minute, focusing on everything except the task at hand. While you're supposed to be working on a PowerPoint presentation, your brain thinks about the new tire you need and the pile of dirty dishes in the sink. A 2020 study found that spending time in nature can calm the mind, allowing for enhanced focus. Further studies on outdoor play settings stated that children with ADHD were calmer after playing in green spaces than in other settings.

DON'T FALL FOR THE FRIENDLY ACT

WHY THE INSURANCE ADJUSTER IS NOT YOUR PAL

A good friend listens, offers support, and always has your back when times are tough. When you've been in an accident, the insurance adjuster will be one of the first people offering you their ear, but they're not your buddy. While they may sound friendly, empathic, and ready to offer you the settlement you need to heal, their job is to protect the insurance company's bottom line, not to look out for your best interests. Your new "pal" wants to minimize your payout, find loopholes, and may even downplay your claim.

Quick Settlements, Not Support

Insurance adjusters often offer a seemingly attractive settlement to you quickly after an accident. Though the money might be tempting, these early settlement figures are usually far below what you need to cover

your costs. As your claim progresses, you could quickly discover you need additional medical care or services to heal. Once you sign a settlement, you give up the opportunity to recover more compensation and could find yourself paying out of pocket as the costs mount.

Not Just a Casual Chat

Like a chatty friend, the adjuster will try to engage you in conversations about the accident, but be careful what you say. They are fishing for information or statements that could be used against you. Stick to the facts of the accident and your claim, and avoid discussing your personal life or feelings. Even a simple apology or overshare could make the adjuster challenge your claim. Avoid providing a recorded statement until you speak with a lawyer.

The Clique That Cuts Corners

Adjusters will often try to persuade you to use their preferred body shop or doctors, but beware of their cliques that cut corners. When a vehicle is damaged in an accident, the insurance company must negotiate and typically has agreements or deals with specific shops to keep the repair costs low. This could result in subpar service for you. The same is true with their preferred doctors or medical providers. These providers serve the insurance companies and may not prioritize your recovery and health.

If you have been injured in a car accident, a personal injury lawyer is your ally working to help you get the compensation you deserve. Contact us today for a consultation.

Grateful Words From Happy Clients

EXPERTISE, CARE, RESULTS

"Marc and his Team did a great job. I highly recommend them. Thank you for all your help through the difficult time."

—Brad

"Unfortunately, like everything in life, all things take time, but The Law Offices of Marc L. Shapiro was very knowledgeable, professional, and great with answering every phone call. I was very impressed with their services and their knowledgeable expertise."

—Jay

"Very professional, and they really care."

—Karissa

"Marc's office did a great job communicating with me about my case."

—Merida



Not Your Mom's Corned Beef and Cabbage

Ingredients

Inspired by AllRecipes.com

- 1 (4 lb) corned beef brisket with spice packet
- 3 qts water
- 1 onion, quartered
- 3 carrots, cut into large chunks
- 3 celery stalks, cut into 2-inch pieces
- 1 tsp salt
- 2 lbs red potatoes, halved
- 1 small head of cabbage, cut into eighths

Directions

1. In a large pot or Dutch oven over medium-high heat, combine corned beef, spice packet contents, water, onions, carrots, celery, and salt. Bring to a simmer (skimming off any foam on top).
2. Cover pot, reduce to low heat, and let simmer for 3 hours until meat is fork tender.
3. Add potatoes to the pot and let simmer uncovered for 30 minutes or until potatoes are al dente.
4. Add cabbage along the edges of the meat and on top. Cover and let simmer until cabbage is tender, 20–30 minutes.
5. Place meat on a cutting board and let rest for 10–15 minutes. After meat has cooled, slice against the grain.
6. Add to a large serving bowl, ladle vegetables and broth over top, and serve.

Word Search



AQUAMARINE	GREEN	PISCES
BASKETBALL	IDES	SPRING
BLUEBIRD	LEPRECHAUN	TANGERINE
CLOVER	MADNESS	TULIP