



THE SLG ADVISOR

APR
2022

Lessons From the Chairlift

Those of you who read my newsletters know that I love to ski. Well, it's April, and ski season has come to an end. This is always a sad time of year for me because I know I will have to wait at least eight more months before I can get back on the slopes. As I reflect on a great season on the mountain, I thought about some of the things I learned on the chairlifts this past year. These three really stuck out.

Be friendly and talk to strangers. You might learn something.

I am a serious morning person, so I'm frequently the first person at the chairlifts while my family is still warm in bed. That means I ride the chairlifts with total strangers every week. If you don't take the initiative to begin a conversation, you will have five minutes of complete awkward silence — very similar to riding an elevator with strangers where no one speaks a word to each other. This awkwardness, however, is magnified on a chairlift because you are physically sitting thigh to thigh with strangers. Again, anyone who knows me knows that I can talk to anyone, anywhere, anytime about anything. I like to talk. I am also genuinely curious about everything including the strangers sitting with me.

I have learned that if you take a moment on the ride up and simply say good morning and ask a few questions such as "Do you ski here often?" "Do you live around

here?" Or "What is your favorite trail?" People tend to open up and you can have some very interesting conversations in the 4–5 minutes it takes to get to the top. I have made business contacts on the chairlift, got amazing restaurant suggestions, and even met phenomenal skiers willing to give a late learner like myself some free ski lessons on the ride down. My point is that simply engaging someone for a few minutes, expressing authentic curiosity about them, and sharing a few facts about yourself can be rewarding on so many levels. "Don't just sit there, say something" is my motto.

Take a moment to be awed by nature.

Early morning rides up a chairlift have taught me that despite the constant negativity in the news, the world really is a beautiful place. No matter how many times I take a chairlift, I am awed by the beauty of the mountains dressed in pure white snow and the sounds of the wind as it whips through the trees below. Even the ice on the branches, which conjures up images of discomfort for many, is a peaceful sight when the morning sun hits it just right. It may seem corny but my early morning chairlift rides have taught me to appreciate the physical beauty that is around us. Whether I am in downtown Boston for work or in the mountains enjoying my weekend, if I pay attention, there is something amazing to see. So yes, chairlift rides have taught me to slow down and smell the coffee.

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What To Do If You Get Bit By A Dog Understanding Your Rights

Did you know that there are over 85 million dogs living in U.S. households right now? With that many dogs living in our country, it's not too surprising that millions of people are bitten by dogs every year. The second week of April is Dog Bite Prevention Week, and it's an important time to get reacquainted with your rights if you're bitten by someone else's dog.

When an individual is bit or injured by someone's dog, that person may sue the owner or keeper for compensation. The majority of states have "strict liability statutes," which essentially means that the owner of the dog is automatically liable for any injury it may cause. Massachusetts is a strict liability state. In these states, the victim does not need to prove negligence outside of the exceptions outlined by the statutes. These exceptions usually refer to police/military dogs or a dog that bites someone who is trespassing.

Basically, what this means is that if you are walking your dog and it bites another person, or if it bites a guest in your home, you are automatically liable for any damages. In states without strict liability statutes, the victim has to prove negligence by the dog owner by showing that they failed to reasonably make an effort to control their dog. Many times, they will look at the past history of the dog and its owner to decide if they have any prior dog bite-related issues.

If victims of a dog bite or injury can prove either strict liability or some level of negligence on the part of the dog owner, they may be awarded a range of compensation depending on the nature and extent of their injuries. A victim may receive compensation for their medical expenses as well as any emotional or physical suffering they are dealing with and any losses to their potential earnings from work.

Being bit by a dog is never a fun experience for anyone. If you've been bitten by a dog and are unsure where to turn next, give our office a call.

Riding Your Bike This

As we transition to warmer weather, you may feel the calling to get your bike out of storage so you can ride it throughout the spring. If your bike has been in storage all winter, you probably don't want to pull it down and immediately head out. There are a few things you need to do to prepare your bike so it doesn't break down during your inaugural ride.

Whether you ride on the streets or the sidewalk, if you're planning to bike this spring, take these precautions before your first ride of the season.

Check the tire pressure.

If your bike has been sitting in storage, there's a good chance its tires lost some air. Thankfully, this is one of the easiest fixes when it comes to bike maintenance. Simply invest in a quality air pump and refill your tires back to the manufacturer's recommended pressure level.

Check brake levers and pads.

Pull your bike's brake levers and ensure they are engaging both sides of

Review of the Month



"Spada Law Group is the best! Len and Robyn are easy to work with. Always available to answer any questions I had throughout the process and made me feel like part of their family. Will definitely refer them to anyone in need of an attorney."

-Maria.

Is Spring? MAKE SURE YOU'RE PREPARED!

the brake pads for each wheel. Your brakes should not stick at any point, and they should be able to fully stop the wheel in motion. If the brake cable is frayed or sticky, it should be replaced before you ride it. Also, make sure to check your brake pads. If they are loose or worn down, they should be replaced.

Examine the chain.

While checking your brake pads, check your chain too. A broken or loose chain can quickly create a dangerous situation. Make sure your chain is not too loose or too tight. When pressing your fingers against the top chain, it should not move more than 1/4-1/2 inch.

Prepare for adverse conditions.

Just because it's spring doesn't mean that bad weather conditions will subside. Frost could still be lingering on the road, or new potholes may have formed. Be cautious of these potential hazards to avoid injury.

There are hidden hazards everywhere.

There are many things you should do to ensure your bike is safe to ride for spring. By making the proper preparations and taking the right precautions, your first ride of the new year should be quite enjoyable.



... continued from Cover

Being in nature can really help you think clearly.

I often spend part of my chairlift ride thinking about which trail I plan to ski, how I plan to ski it, and which music I'd like to listen to on the trail. Being in nature, in such a beautiful setting can really clear your mind and help you focus on planning your runs and your life. The lesson I've taken from this is that when I have major planning to do, whether it be for work or my personal life, I do it best if I'm somewhere quiet surrounded by nature.

Remember, there is no need to be at a chairlift at 7 a.m. on a 10-degree day to reap the benefits of these Chairlift Lessons. All you need is an open mind, some quiet space surrounded by nature, and an eagerness to engage with a few strangers now and then. Try it, let me know what you think.

-Len Spada



Simple Chocolate Cake

This easy recipe makes a rich cake that is tender and moist. Inspired by spendwithpennies.com

INGREDIENTS

- 2 cups sugar
- 1 3/4 cups flour
- 3/4 cup cocoa powder
- 1 1/2 tsps baking powder
- 2 tsps baking soda
- 1/2 tsp salt
- 2 eggs
- 1 cup milk
- 1/2 cup vegetable oil
- 1 tsp vanilla extract
- 1 cup boiling water

DIRECTIONS

1. Preheat oven to 350 F.
2. Grease and flour a 9x13 baking pan.
3. In a large bowl, combine sugar, flour, cocoa, baking powder, baking soda, and salt.
4. Add eggs, milk, oil, and vanilla to dry mixture and mix with an electric mixer on medium for about 2 minutes. Slowly mix in boiling water. Note: Your batter will seem thin, it's OK, it's supposed to!
5. Pour into pan and bake 35-40 minutes. If wooden pick inserted into the middle comes out clean, it is done.
6. Cool on wire rack.
7. Top with simple chocolate buttercream frosting or drizzle with caramel sauce.

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A Heroic Dog Saves Her Owner



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She Saved Her Human!

On Jan. 3, 2022, New Hampshire State Police responded to a call about a lone dog wandering around on the interstate near Veterans Memorial Bridge. When they got there, the pup — a Shiloh shepherd named Tinsley — led the officers on what seemed to be a wild goose chase.

"When Trooper Sandberg and the Lebanon police officers attempted to get close to the canine, it continued to run northbound on Interstate 89, crossing into Vermont," the police department wrote in a Facebook post. "A short time later, Trooper Sandberg and the Lebanon police officers located a damaged section of guardrail near the Interstate 91 and Interstate 89 junction."

It turns out Tinsley had a destination in mind: an upside-down pickup truck that had crashed through that very guardrail.

The truck had rolled off the highway, and the people who were inside — including Tinsley's owner, Cam Laundry — were on the ground, badly hurt and hypothermic! Thanks to Tinsley's bravery, the cops called an ambulance that rushed them to the hospital.

Meet Tinsley, a Car Crash Survivor

"This was almost like a real-life Lassie situation," one lieutenant told CNN. "It's really quite remarkable. This dog definitely saved their lives. I don't think they would have survived the night given the temperatures."

Tinsley is a real hero on four legs, just like Lassie, a fictional pup who saved two little boys from dying of hypothermia in the snow. Fortunately, Tinsley's grateful owner, Cam, made a full recovery. He also knows just how special his pup is.

"She gets spoiled all the time," he told the WPTZ news station. "She'll get some venison, probably [a] burger tonight, and probably some back scratches with it."

Tinsley is not the only dog who has saved a human from the cold. In the winter of 2017, a rescue pooch named Peanut saved the life of a 3-year-old girl in Michigan who had wandered away from home, and a golden retriever named Kelsey saved her owner after he slipped in the snow and broke his neck. She kept him warm for 19 hours and barked until help came. To read the full story of Tinsley's roadside rescue, visit [CNN.com](#) and search "real-life Lassie."

