

THE SLG ADVISOR

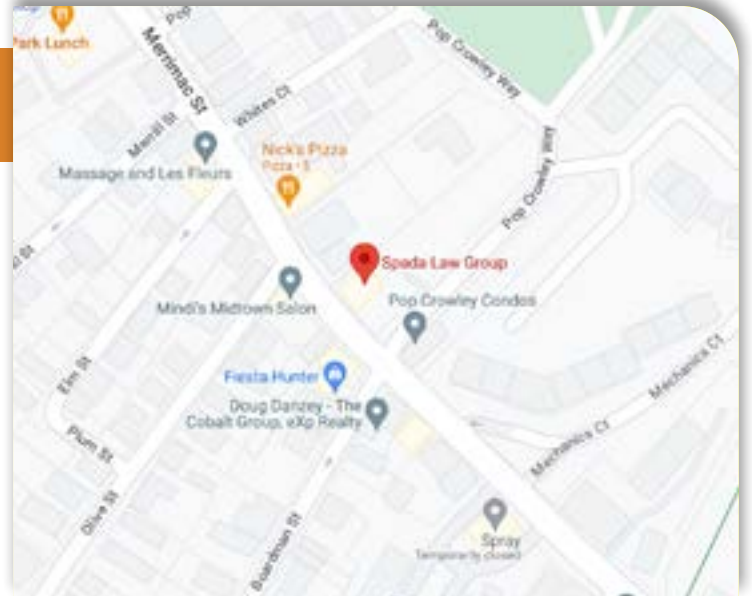
JUNE
2023

NEW IN NEWBURYPORT

Spada Law Expands

Opening a business is a complex venture for most entrepreneurs. You want to be successful so you can live a comfortable life and provide ample support for your family, but you also want to help as many people as possible with your particular skill set. Every business is unique and has different goals in mind to support its community. For example, clothing retailers try to find or create stylish and comfortable clothes for their customers. Law offices are no different; we want to help as many people as possible understand their rights and receive compensation after an accident. Now, Spada Law Group can help even more people with their legal needs thanks to our newest location in Newburyport.

I absolutely love the Newburyport area. My wife and I moved here recently and have enjoyed every second spent getting to know the community and our new neighbors. The vibrant, beautiful seaside town is the perfect location for us since our children left the nest. It also has a robust legal community with few individuals practicing the same type of law as me. Over the past few months, I've become heavily involved with the community as I became a member of the Greater Newburyport Bar Association. I'll even be giving a presentation to the association in the coming months. After working with some people from the area, I knew this would be the perfect spot for a new office for Spada Law Group.



Our new office in Newburyport will be by appointment only, but you can still expect to receive the exact same benefits and level of care that you would receive from any of our other locations. The cycling community in this area is robust and highly active. As a lawyer who has worked to help cyclists and motorcyclists, I know I can continue to make a difference in Boston's North Shore. I've had people joke around and call me the two-wheel lawyer because I've helped so many cyclists and motorcyclists involved in accidents. There's truth behind that name, though. If it's on two wheels, I handle it!

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Boston by Bike

The Best Cycling Routes
for Fitness and Fun



Now that summer has finally arrived, many of us are looking for any excuse to get out and ride our bikes. There are so many beautiful routes across the Boston area that cyclists of all ages and skill levels should try out. From 5-mile scenic routes that give you amazing views of nature and the city to 50-mile-long ventures that act as a workout and stress reliever, Greater Boston's cycling scene really has it all. Here are a few of our favorite cycling routes. Let us know if you've tried any of these routes before or if there's another route you highly recommend.

Deer Island - Winthrop

There's nothing better than spending the day or a few hours pedaling around Deer Island. You can hop on the ferry with your bike and prepare for a ride you'll never forget. The island's perimeter has a 2.6-mile-long bike route that will give you plenty of amazing views of the water and the Boston skyline. You can even bring your lunch with you and have a picnic after your ride. This is an easier bike route that nearly anyone can do.

Minuteman Bikeway - Cambridge

If you want to experience a little bit of history while you ride, the Minuteman Bikeway is your best option. This route approximates the route Paul Revere took when he informed the colonists that the British were coming. This path is about 11 miles long from start to finish and traces the now-defunct railroad tracks. The route is slightly longer than the one at Deer Island but is still a good option for riders of all skill levels.

Newburyport to New Castle

For more experienced cyclists looking for a more intensive ride, we recommend riding the path from Newburyport to New Castle. This ride will take some time as it's over 58 miles long. You start at the Newburyport train station and head north, riding along Wallis Sands Beach. You'll loop around in New Castle, crossing over into Portsmouth before heading back to Newburyport along the coast. It's a refreshing ride with many sights and sounds to experience, but it is a longer ride, so make sure you're well-prepared before tackling this one.

Hit the Open

Massachusetts is full of beautiful landscapes that anyone would enjoy driving or walking through. From seaside towns to rolling hills to tranquil rivers, our state truly has some wondrous sights to check out. Now that summer is officially on the horizon, many motorcyclists will hit the roads to ride until the weather cools again. There are some awe-inspiring routes around Massachusetts that every motorcyclist should check out regardless of whether they're an experienced rider or this is their first summer on two wheels.

Here are three of our favorite motorcycle routes in the area.

Newburyport to Cape Anne

If you read our cycling article, you may have noticed another route that started in Newburyport, but this one takes you in the opposite direction.

This is a 41-mile route that will take you around an hour and a half each way.

You'll start in Newburyport and take MA-1A S for most of the route before jumping on MA-127 N. You'll drive through farmland before reaching the

Review of the Month



"After being involved in my motorcycle accident I was referred to Spada Law Group by a friend. Just recently, my case was settled and now I can 100% confirm that Spada Law is the place to call! Robyn (case manager) is an absolute sweetheart and exceeds her expectations when it comes to case management, customer service, friendliness, and professionalism. Every few weeks she would call just to check in with me and see how I was recovering after my accident. She truly guided me through the entire process and made sure I was always up to date with the latest news about the case. 10/10 would recommend Spada Law, give them a call, they'll take care of you!"

-Michael Brown

Road THE BEST MOTORCYCLE ROUTES ACROSS MASSACHUSETTS

coast and riding through some peaceful seaside towns. There are some great restaurants and views along this route that you'll want to experience for yourself.

The North Shore

If you're looking for the perfect weekend ride, you can visit many of the best cities on Boston's North Shore and take in all the sights along the way. Start in Boston and head northwest about 20 miles to Concord. You can take Route 62 from there and stop by the towns of Reading, Danvers, and Beverly. You'll ride along the coast on your way back to Boston and can visit communities like Salem and Gloucester. When you finish riding, you'll have gone about 140 miles and seen some of Boston's most well-known locations.

The Quabbin Reservoir Loop

If you're looking for a shorter ride with a perfect loop, you'll want to check out the Quabbin Reservoir Loop west of downtown Boston. It's a quick 54-mile jaunt around the Quabbin Reservoir that offers great views of the water and countryside. There usually isn't too much traffic on this route, making it even more serene. This is an excellent option if you're looking to kill a couple of hours with a fantastic ride.



... continued from Cover

I've already helped many clients in this area, and now I have the means to help even more. Our main office will stay in Chelsea, as will the bulk of our staff, but we will be available to meet with current and new clients at our Newburyport location if that works better for you. Give us a call at (978) 744-2117 so we can get you on the schedule for a consultation to see how we can help you.

Our new office in Newburyport, located at **150 Merrimac St Unit E, Newburyport, MA 01950**, is up and running. If you're a cyclist or motorcyclist who was involved in an accident, give us a call today to learn how we can help.

-Len Spada



Cherry Chia Greek Yogurt Bowls

Inspired by HungryHobby.net

*Need a quick, healthy snack?
Check out this protein-packed
yogurt bowl.*

INGREDIENTS

Chia Seed Jam

- 2 cups Chelan fresh sweet cherries, pitted
- 3 tbsp chia seeds
- 2 tbsp honey
- 1/4 cup water

Greek Yogurt Bowl

- 1 cup nonfat plain Greek yogurt
- 1/2 tsp vanilla extract
- 1 tsp hemp seeds
- 1 tbsp granola

DIRECTIONS

Chia Seed Jam

1. We suggest making the chia seed jam in advance and storing it in the refrigerator so you can quickly assemble these yogurt bowls all week.
2. Using a potato masher, mash down the cherries. Place a small pot on high heat and add the cherries, chia seeds, honey, and water. Bring the mixture to a boil, then turn down the heat and let simmer for 10 minutes, stirring constantly. Allow jam to cool before using or refrigerate.

Greek Yogurt Bowls

3. In a small serving bowl, mix the Greek yogurt with vanilla extract. Top the Greek yogurt with 2 tbsp cherry chia seed jam, hemp seeds, granola, and a few additional Chelan fresh sweet cherries, if desired.

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INSIDE

Check Out Our New Location!

Spend the Summer Cycling

Explore Boston on 2 Wheels This Summer

Testimonial

Cherry Chia Greek Yogurt Bowls

The Colorful History of Medieval Smack Talk



Scan to follow us on social media!



The Original Rap Battles

HOW DISSES BECAME POETRY

Long before diss tracks, rap battles, and “yo mama” jokes, there was medieval “flyting.” Defined as quick exchanges of witty insults, these poetic slights were popular in England and Scotland from the 5th to 16th century. Insulting someone in verse took immense effort and quick wits, and they were undoubtedly a performance you didn’t want to miss.

Despite crude language and below-the-belt potshots, flyting became entertainment for royals and was dubbed “court flyting.” While these jests are not well-documented, one flyting event made history. The iconic exchange known as “The Flyting of Dunbar and Kennedie” occurred in the early 16th century between William Dunbar and Walter Kennedie. The two were

performing their court flyting for the Scottish King James IV.

Both men were known for their intellect and clever nature, and their flyting did not disappoint. This famous dialogue featured two firsts: using fecal matter as an insult and dropping the F-bomb. Low-brow and crass, these speedy insults were simply too entertaining for even kings and queens to ignore.

If you’re wondering what exactly these two “gentlemen” were saying, we’d have to admit that it would be difficult to quote without including expletives and curses. However, one

tame section can be shared here. Dunbar reportedly insulted Kennedie by saying:

*Maggoty mutton, gorged glutton, scurrilous certain heir to Hillhouse,
Rank beggar, oyster-dredger, dismal debtor on the lawn,
Lily-livered, soul-shivered, cheap as slivers in the millhouse,
Bard baiter, thief of nature, false traitor, devil’s spawn.*



While these amusing fights were a form of entertainment, men also used them to influence the courts and improve their social profile while lowering others. So, as you can imagine, flyting could get intense (similar to rap battles and heated diss tracks).

Centuries have passed, yet some things never really change!