

THE SLG ADVISOR

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A Judge, a 10-Year-Old, and a Moment That Might Change a Life Forever

Judges hold an incredible power — one that goes beyond rulings and legal interpretations. They can shape public trust in our judicial system and, more importantly, profoundly impact the lives of those who appear before them. A month or so back, I had the opportunity to witness that firsthand.

I was in court for a case before a judge I've known for decades — a respected presiding justice and a personal friend. After fully disclosing our connection to the defense counsel, the judge took a brief but meaningful moment to engage with my 10-year-old client, creating an experience neither of us will forget.

My client is the son of immigrant parents who came to our country not long ago. He's a bright fifth grader who excels at a

charter school in Boston. While waiting for our case to be called, I chatted with him to keep things light. I asked him what his favorite subject was. "Social studies," he said.

Then I asked, "What do you want to be when you grow up?"

Without hesitation, he looked me in the eye and said, "I want to be a lawyer."

When we stepped before the bench, the judge didn't just acknowledge my young client, he engaged with him. He asked him questions. He listened. And then, in a moment of pure magic, he invited him to come up to the bench, sit in the judge's chair, and hold court for a moment.

The courtroom chuckled. His parents, who had been understandably anxious, relaxed and smiled. And my client? He handled himself with a maturity beyond his years — so much so that when he stood up to return to the counsel table, the judge turned to the courtroom and said:

"All rise."

And everyone stood.

It was a lighthearted, powerful, unforgettable moment that, I believe, left an imprint on this young boy's life forever. The look on his face was incredible — pure magic. I couldn't help but wonder what this moment would mean to him in the years to come.

If you or a loved one has been injured due to someone else's negligence, we're here to help. While we hope you never need us — especially for your children's sake — we're committed to fighting for the compensation you deserve. Contact us today for a consultation, and let us protect your rights.

I can picture it now: 15 years from today, as he's graduating from law school, someone asks, "What made you want to become a lawyer?" And he remembers this exact day, this exact judge, this exact courtroom. I'm thrilled that I had the opportunity to be a part of this moment.

Too often, judges are criticized in the media. But when the robe is worn with compassion, when the bench is used to inspire rather than intimidate, the impact can be immeasurable. Today, I saw the power of a judge who understands that justice isn't just about rulings — it's about people.

And today, I witnessed a moment that may very well have created the next great lawyer.

To all the judges who take the time to engage, encourage, and inspire, thank you. Our profession, and our country, are better because of you.

- Len Spada



SLEEP IS THE ULTIMATE LIFE HACK (And This Book Proves It!)

Lately, I've been nerding out on all things health and fitness – reading up on the latest science, experimenting with new workout routines, and trying (keyword: trying) to eat better. But out of everything I've been diving into, one thing keeps coming up over and over again: sleep. As it turns out, sleep isn't just some passive thing we do at the end of the day – it's basically a superpower. And if you want to know just how powerful it is, I highly recommend checking out "Why We Sleep: Unlocking the Power of Sleep and Dreams" by Matthew Walker, PhD.

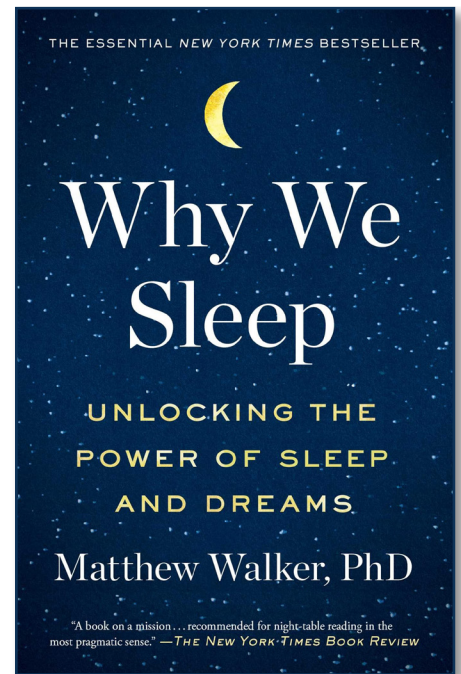
This book completely changed the way I think about sleep. I never took sleep seriously, but after reading Walker's deep dive into the science of sleep, I realized I was actually doing my body (and brain) a huge disservice.

Walker, a neuroscientist and sleep expert, explains in a way that's both fascinating and easy to understand just

how vital sleep is to literally everything: our memory, creativity, immune system, heart health, and even our ability to make good decisions. He breaks down why we need deep sleep and REM sleep, how lack of sleep is linked to everything from weight gain to Alzheimer's, and – this was a big one for me – why caffeine and alcohol mess with our sleep more than we realize.

One of the coolest things I've learned is sleep is like a nightly "wash cycle" for your brain, clearing out toxins that build up during the day. So when you skimp on sleep, you're basically letting mental junk pile up. It's similar to skipping laundry for a month (gross, right?)

But don't be fooled – this book isn't doom and gloom about what happens when you don't get enough sleep. Walker also gives practical advice on how to improve your sleep habits, like sticking to a consistent schedule, keeping your room cool and dark, and



avoiding screens before bed (which can be extremely tough).

So, if you're looking to boost your health, sharpen your mind, and maybe even live longer, this book is a must-read. My wife keeps telling me I'm the most well-rested person she knows!

Discover the
connection between
sleep and distracted
driving on page 3!

REVIEW OF THE MONTH



"I think we've all had a bad experience with a car accident or another type of accident, but knowing that there are qualified and recommended people like the Spada Law Group is a great blessing because they know how to help us and know how to handle the entire situation from the beginning. I highly recommend them; thank you very much, Spada Law Group!"

–Jeremias Castro

EYES ON THE ROAD

Distracted Driving Is More Dangerous Than You Think

We've all been there — you're running late, juggling a coffee, fumbling with the GPS, and maybe even trying to sneak in a quick text at a red light. But here's the reality: Distracted driving is one of the most dangerous habits on the road, and April is the perfect time to talk about it because it's Distracted Driving Awareness Month.

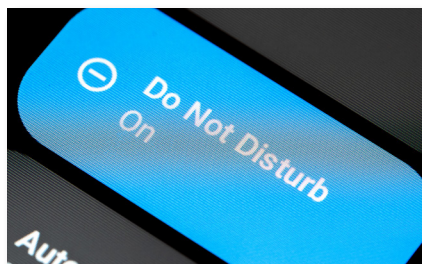
When most people think of distracted driving, they picture texting behind the wheel. That's certainly a big one — taking your eyes off the road for even five seconds while going 55 mph is like driving the length of a football field blindfolded. But distractions come in many forms, including eating, adjusting the radio, chatting with passengers, and even driving while sleep-deprived.

Many don't realize just how much lack of sleep impacts driving. Studies show that driving while drowsy is just as dangerous as driving drunk. Skipping just a couple of hours of sleep can slow reaction times, impair decision-making, and increase the risk of an accident. If you've ever "zoned out" while driving or caught yourself nodding off, that's your brain waving a giant red flag.

So, what can we do to cut down on distractions and stay safe behind the wheel? Here are a few easy (but life-saving) habits to adopt:

Put the phone away:

Use the Do Not Disturb While Driving setting or stash your phone in the glove box to remove the temptation. No text is worth your life.



Plan before you drive:

Set up your GPS, pick your playlist, and send any last-minute texts before you start moving.

Take sleep seriously: Aim for 7–9 hours of sleep per night. If you feel tired, pull over safely for a break, switch drivers, or even take a short nap before hitting the road.

Avoid multitasking: Your car is not a dining room, makeup station, or mobile office. Focus on one thing: driving.

Let's make the roads safer. Put the distractions aside, get some solid sleep, and keep your focus where it belongs — on the road!

LEN'S BIRTHDAY CAKE

Inspired By SugarSpunRun.com

INGREDIENTS

Cake

- 1 cup unsalted butter, softened
- 3 cups granulated sugar
- 3 large eggs
- 1 tablespoon vanilla extract
- 4 cups all-purpose flour
- 1 ½ teaspoons baking soda
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons salt
- 2 cups buttermilk
- ½ cup colorful sprinkles

Frosting

- ¾ cup unsalted butter, softened
- 12 oz cream cheese softened
- 1 ½ teaspoons vanilla extract
- ¼ teaspoon salt
- 5 ¼ cups powdered sugar
- ¾ cup natural cocoa powder

DIRECTIONS

1. Preheat oven to 350 F and grease three 8-inch or 9-inch baking pans.
2. Add butter to a large bowl and beat until smooth.
3. Add sugar and beat until well combined, then add eggs, one at a time, beating well after each addition.
4. Stir in vanilla extract.
5. In a separate bowl, whisk together flour, baking soda, baking powder, and salt.
6. Using a spoon or spatula, add about a fourth of the flour mixture to the butter mixture and stir until just combined.
7. Add approximately a third of the buttermilk and stir again until combined. Repeat alternating adding flour mixture and buttermilk until all ingredients are completely combined.
8. Stir in sprinkles and evenly divide batter into prepared pans.
9. Transfer to oven and bake 25–30 minutes if using 9-inch pans and 32–34 minutes if using 8-inch pans.
10. Allow to cool in pan for 10 minutes.

Frosting

1. Combine butter and cream cheese in a large bowl with an electric mixer and beat until creamy.
2. Stir in vanilla and salt.
3. Gradually add powdered sugar. Then stir in cocoa powder.
4. Ice cake and enjoy!

INSIDE

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Capture Nature's Beauty Like a Pro

QUICK TIPS FOR BETTER OUTDOOR PHOTOS

Nature photography offers a great way to get outside and capture the beauty of the natural world. Whether you're new to this hobby or have been snapping photos for years, you can always enhance your skills with these four tips for producing compelling outdoor photos.

PLAN AHEAD

Before heading outside with your camera and other gear, research your chosen location and the subject you aim to photograph. Understanding the local wildlife, plant life, and weather conditions can inform your equipment selection. Timing is also key. Early morning and late afternoon, known as the "golden hours," offer soft, diffused light that enhances natural scenes.

MASTER YOUR EQUIPMENT

Be sure to familiarize yourself with your camera's settings. Some of the most important include aperture, shutter speed, and ISO, which control exposure and depth of field. For instance, a wide aperture (low f-stop) can help create a shallow depth of field and isolate your subject from the background, which is particularly effective for wildlife photography. Conversely, a narrow aperture (high f-stop) is ideal for landscape shots because it increases the depth of field and helps keep more of the scene in focus.

CONSIDER COMPOSITION

In photography, composition is key. When taking nature photographs,

apply compositional rules such as the rule of thirds (placing subjects off-center), leading lines (guiding the eye with pathways or rivers), and framing (using natural elements to highlight the subject). Experimenting with different perspectives and angles can also add depth to your photos.

BE RESPECTFUL

Whenever you're out in the field, respect the environment by following local guidelines, maintaining a safe distance from wildlife, and minimizing your impact on natural habitats. Always stay on designated paths and never remove any natural objects. Following a few simple rules protects wildlife and the landscape and maintains the integrity of your photography.

With these tips in mind, you're ready to enjoy the outdoors while capturing images that reflect the beauty of the natural world.