

# THE SLG ADVISOR

**JULY  
2024**

## *Spada Law Expands*

**We Opened the Doors to Our  
New Springfield Location!**

May was an exciting month for Spada Law. We opened a new location in Springfield, Massachusetts. We are blessed to be experiencing such growth and know that it is a direct result of our Team's dedication and commitment to serving and treating our clients exceptionally well.

We hired our first new team member at the Springfield location, a Springfield native with extensive experience in the personal injury field. She along with two of our attorneys will be providing clients from the western part of Massachusetts with the same aggressive representation as we have for over 25 years here in the Boston area. We aim to establish a fully operational, mirror-image office in Springfield within the next 12 months!



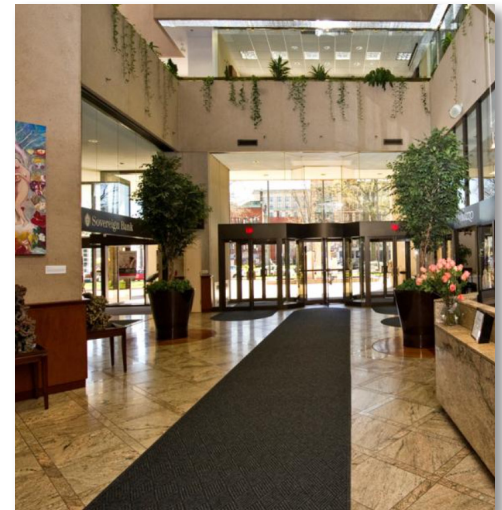
Many of you may be wondering — *Why another office? Why Springfield?*

To be transparent, it's been a long-term goal! In the past, we've had clients travel to our office in Chelsea from the Springfield area, and after working with them and exploring the city, I developed an affinity for it. I recognized that this city was, in my opinion, underserved, particularly within the Hispanic community. Given our extensive experience and expertise in serving this community, we felt it was a logical and meaningful decision to expand our services here.

This expansion allows us to extend our reach and provide legal assistance to more individuals in need. Our team is excited about the opportunities this brings, enabling us to better serve our clients and support our communities.

With this new location, we reaffirm our commitment to delivering exceptional legal support and guidance. We believe in making a positive impact, and this expansion is a significant step towards fulfilling that mission. We look forward to building stronger relationships, addressing more legal needs, and continuing our tradition of excellence in legal services.

Springfield will not be the last city in Massachusetts to have a Spada Law Group



office! We plan to continue to grow, but slowly, never losing sight of our primary mission of unparalleled client service. Growth will NEVER come at the expense of quality; that I promise! By slowly growing our firm this way, we can ensure everyone in the state has easy access to our services and our dedicated staff who genuinely care about our clients.

Thank you for your continued trust and support as we grow and strive to make a positive impact. We look forward to serving you at our new office or, if it's still more convenient, our flagship Chelsea location!

*-Len Spada*

# JOIN US FOR THE EIGHTH ANNUAL SAMMY'S RIDE

Spada Law Group  
Supports Riders  
Helping Riders



At Spada Law Group, we're excited to pedal and ride into the summer!

Since 1998, we've proudly represented injured cyclists and motorcyclists across Massachusetts. These unique cases require specialized expertise, which we've honed over the past 25 years. When people call us the "Two-Wheel Lawyers," we proudly wear that badge, reflecting our dedication to these vibrant communities.

Roads often seem designed for cars and trucks, creating inherent risks for cyclists and motorcyclists. But we

believe in a world where everyone shares the road with mutual respect and awareness. Our mission is to support and advocate for the cycling and motorcycling communities, ensuring they receive the justice they deserve when accidents happen.

This year, we're thrilled to partner with Riders Helping Riders to sponsor the Eighth Annual Sammy's Ride. This wonderful organization raises funds for the Massachusetts Motorcyclists Survivor's Fund (MMSF), assisting families of riders who have been seriously injured or killed

in motorcycle accidents. Sammy's Ride honors Sam Morgan Storm, who tragically passed away in 2008 following a motorcycle accident.

Mark your calendars for Aug. 17! As an official sponsor, Spada Law Group will host a tent at the pre- and post-ride celebrations. We'll showcase 15 custom leather vests featuring our Spada Law logo. For each participant who wears one of our vests during the one-hour ride, we'll donate \$200 to MMSF. With 15 vests available, that's up to \$3,000 in additional support for affected families!

We look forward to a fantastic event and hope to see you there! As we enjoy the summer months, we encourage everyone to ride safely. And remember, if you or someone you know is injured in a motorcycle accident, the Two-Wheel Lawyers at Spada Law Group are here to help.

**Visit [massmsf.org/8th-annual-sammys-ride-2024](https://massmsf.org/8th-annual-sammys-ride-2024) for more information!**



## ANNOUNCING: *Our Google Review Contest Winner*

**We are proud to announce that Jessica Valerio is our 2024 Google Review Contest Winner! Congratulations, Jessica!**

Thank you to everyone who took the time to give us a five-star review on Google. Your support helps injured individuals find us more easily, ensuring they receive the quality legal help they deserve rather than settling for less.

Your reviews make a significant difference and are greatly appreciated.





# LEN'S BOOK RECOMMENDATION

## '11/22/63'

At the advice of Robyn, our case manager, I did something unusual for myself: I read a fiction novel, "11/22/63," by Stephen King.

If you're looking for a book that combines history, mystery, and a touch of the supernatural, I highly recommend this one! The novel took me by surprise and quickly became one of my favorites — it kept me hooked from start to finish.

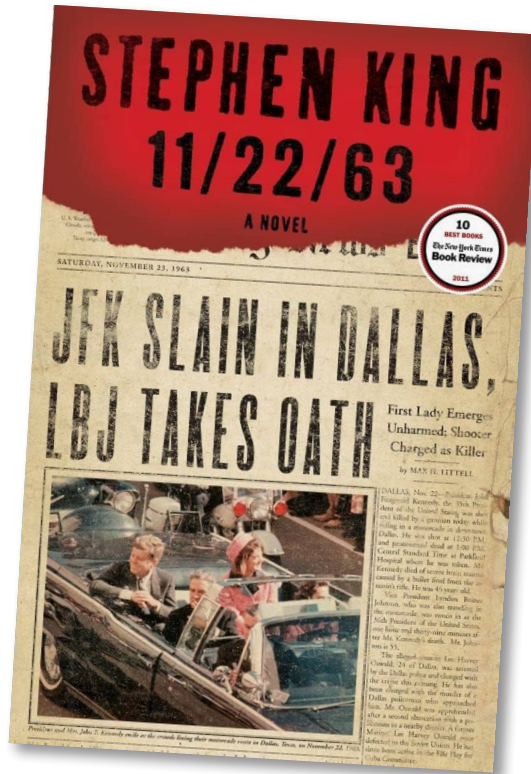
One of the coolest things about "11/22/63" is how it blends genres. It's a time travel story in which the main character, Jake Epping, discovers a portal to the past and sets out on a mission to prevent the assassination of JFK. It's also a captivating historical drama and a suspenseful thriller. Of course, that unmistakable Stephen King twist also keeps you on the edge of your seat.

What truly sets this book apart is King's attention to detail. He does an incredible job of re-creating the late 1950s and early 1960s, making you feel like you've genuinely stepped back in time. From the cars and fashion to the music and cultural references, the period details are so vivid that you can almost smell the diner coffee and taste the apple pie.

Without giving anything away and spoiling it for you, I'd like to say that King knows how to deliver a shock and surprise. The way the plot unfolds, with its many twists and turns, had me whipping through the pages, eager to see what happened next. I found myself looking forward to getting home after work to dive back into the book!

"11/22/63" has also been adapted into a TV series! Thank you, Robyn, for the excellent recommendation! If you haven't read it, I highly suggest you carve out some time — it won't disappoint!

*-Len Spada*



## GARDEN FRESH VEGGIE OMELETTE

*Inspired by HealthyRecipesBlogs.com*

*For those of you, like Len, who have high cholesterol and are working to watch your intake, this egg white and veggie omelet is a perfect staple to incorporate into your breakfast routine!*

### INGREDIENTS

- 4 large egg whites
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 1/8 tsp garlic powder
- Olive oil spray
- 1 scallion, chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup grated parmesan cheese

### DIRECTIONS

1. In a bowl, whisk egg whites together with salt, pepper, and garlic powder until frothy.
2. Spray a skillet with olive oil spray and put on medium heat, then add egg mixture.
3. Scatter the scallions and tomatoes on top and allow the edges to set.
4. With a spatula, gently and repeatedly lift the edges to allow the omelet to cook thoroughly.
5. When the bottom is no longer runny, flip the omelet to allow the other side to cook.
6. Add grated parmesan cheese.
7. Fold the omelet in half, slide it onto a plate, and serve!



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# From Fingers to Forks

## THE EVOLUTION OF DINING ETIQUETTE



Have you ever feasted on chicken wings, your hands stained with barbecue sauce, and thought, *Why don't we just eat everything like this?* As it turns out, *we did* — people only started eating their meals with cutlery fairly recently. Many cultures around the world *still* eat primarily with their hands. So, why are placemats adorned with forks, spoons, and knives commonplace today? To find out, we have to get our hands dirty — because the history of cutlery, much like the history of civilization, is complex, nuanced, and full of gossip.

### BIG SPOON, LITTLE SPOON

Perhaps unsurprisingly, spoons are the oldest examples of cutlery people used consistently for millennia. After all, what

good is a fine pot of communal soup without a spoon to eat it with? Likewise, knives have always been used to cut up meat and prepare our meals, but only the advent of individualized meals rather than buffet-style brought along the advent of dinner knives.

Forks, however, are an altogether newer invention. Although large serving forks can be traced as far back as Ancient Egypt, the individual, smaller version has its roots in the Byzantine Empire. Around one thousand years ago, the Byzantine noblewoman Theodora Doukaina brought a golden fork to her wedding feast in Venice. It became quite controversial among the Italians, with many shunning the novel tool as posh and overly

decadent. However, as royals began to intermarry, the fork gradually caught on. Royals increasingly ate with cutlery and became weary of dirtying their hands with their food. By the 1800s, cutlery was widespread in the Western world, and today, most people and establishments serve meals with silverware!

### ANTIQUITY — MAKING A COMEBACK

There's a reason movie theater popcorn doesn't come with a popcorn spoon and your favorite burger joint doesn't offer sporks; some food is *meant* to be eaten with your hands. While most sit-down meals will always be the domain of the cutlery-wielding elite, finger food isn't going anywhere anytime soon, and if history has any say, it never will.