

THE SLG ADVISOR

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Embracing the No-Fall Zones of Life

In life, there are moments that challenge the very essence of our being — situations where retreat isn't an option and the only way forward is facing our fears, focusing our efforts, and taking the next step. You can't "opt out," and failure can be fatal in these situations. These are what I call the no-fall zones of our lives.

The term "no-fall zone" originates from mountaineering and backcountry skiing, where a single misstep can mean the difference between life and death. But this concept resonates deeply with each of us, metaphorically representing those critical junctures where falling is not just a setback — it could mean catastrophic failure.

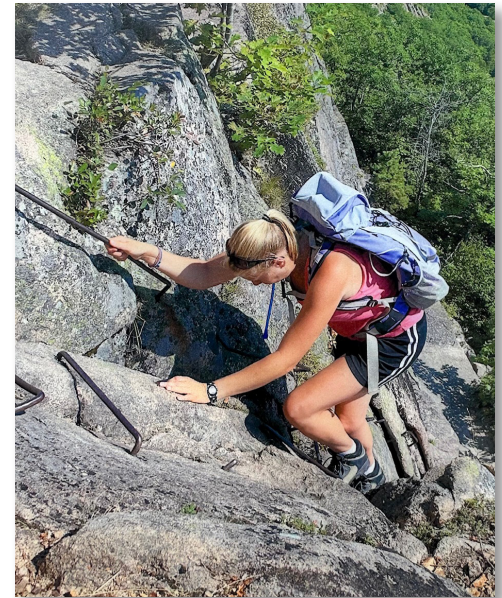


My wife and I recently encountered such a no-fall zone during a celebratory hike in Acadia National Park for our 30th wedding anniversary. The trail, known as Beehive, isn't just a trek; it's a vertical climb that requires crawling and clutching at metal handholds to avoid plummeting off sheer cliffs. With only a narrow path between us and certain death, each step was a potent reminder of the hike's stakes.

This experience was terrifying yet exhilarating, and it led me to reflect on how these no-fall zones appear throughout our lives. Whether you're facing a serious health diagnosis, a pivotal business decision, or any personal challenge where there is no turning back, these moments compel us to focus intensely and marshal all our resources.

In business, committing to a strategic initiative or an expansion plan can feel just as daunting as scaling a cliff. The path forward is steep, the footing unsure, and the consequences of failure severe. But in these no-fall zones, we find our actual capacity to overcome adversity. They teach us to remain calm under pressure, to persist with resilience, and to navigate through life's trials with courage and fortitude.

As we overcome these challenges, we survive and grow stronger and more



capable. The satisfaction of conquering a no-fall zone brings a renewed sense of hope and a powerful realization that we are more resilient than we ever imagined.

So, to everyone facing their no-fall zones, remember: You are equipped to handle much more than you think. With every step, keep your focus sharp and your resolve unwavering. You've got this. And when you make it to the other side, you'll find that you have survived and thrived. May you always be steady in your steps and steadfast in your journey through life's no-fall zones.

- Len Spada

FROM HELMETS TO TRAILS

Preparing for a Safe and Scenic Bike Ride



Acadia's 27-mile Park Loop Road is a highlight for any cyclist! This historic loop and other areas of the park Len and his wife just recently visited offer breathtaking views of Acadia's coastal, mountainous, and forested sections, all from the comfort of your bike seat.

BIKE AND E-BIKE RENTALS

The popularity of bicycling in parks like Acadia has spurred a variety of rental options for visitors. Many shops offer traditional bicycles and increasingly popular e-bikes — they even usually provide helmets, maps, and additional safety gear, ensuring you're well-equipped for your adventure.

CYCLING SAFETY TIPS

Whether pedaling a conventional bike or cruising on an e-bike, safety is paramount. Here are some tips to keep in mind:

Wear a helmet: Always wear a properly fitting helmet, regardless of the distance or duration of your ride. Your life will thank you!

Know your bike: Before heading out, familiarize yourself with the mechanics of your bike or e-bike. This is particularly important for e-bike renters, as these bikes can accelerate quickly and require different handling compared to standard bikes.

Stay alert: Keep an eye on the road and be aware of your surroundings. This means staying off your phone! If you'd like to snap a quick photo or answer a call, pull off to the side and take a breather!

Respect traffic signs: Obey all traffic signs and signals and use hand signals to communicate with drivers, pedestrians, and other cyclists.

Plan your route: Before you hit the road, plan your route and check the weather. Be mindful of your limits and the park's guidelines.

Pack essentials: Carry water, snacks, a basic repair kit, and your phone in case of emergencies. After all, you never know what surprises you may encounter!

Whether you're a seasoned cyclist or a casual rider, the beauty of Acadia's terrain (or wherever you choose to explore), combined with the thrill of biking, makes for an unforgettable adventure. Remember, safety is crucial to protect yourself and ensure everyone has an enjoyable time.

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

'Legacy' — A Must-Read for Leaders and Sports Fans Alike

Looking for a new book recommendation?

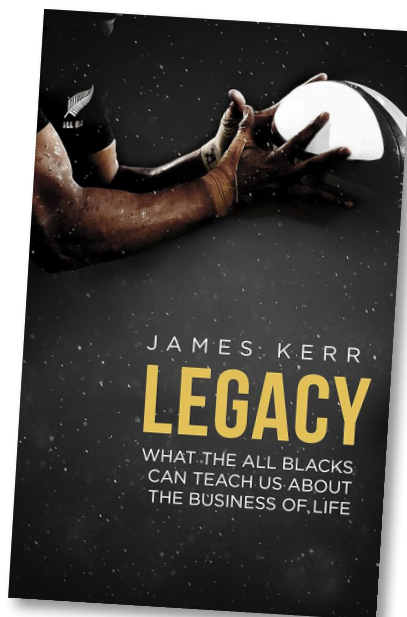
James Kerr's "Legacy" is an engaging exploration of one of the world's most successful sports teams: the New Zealand All Blacks. Here's the great thing: This book is not just for sports fans, but for anyone interested in leadership, team building, and personal development. Kerr dives deep into the cultural and psychological aspects that make the All Blacks a global legend in rugby. It's captivating!

In his book, Kerr outlines the 15 key lessons from the All Blacks' playbook. Each lesson provides a structured insight into creating sustainable success. From "Sweeping the Sheds," which emphasizes the importance of humility regardless of one's status and achievements, to "Whānau," which focuses on fostering a sense of family and belonging, readers can apply these lessons beyond the rugby field. These insights resonate in corporate conference rooms, classrooms, and even at the dinner table.

Kerr is a big believer in the concept of *legacy* — what you leave behind after you are gone. The book discusses how responsibility and accountability contribute to the overall legacy of a team, whether it's a sports team, an office of professionals, or a family. Kerr also emphasizes the importance of mental strength and resilience, sharing insights into the All Blacks' techniques for handling pressure and staying focused. Techniques such as "Going to the Blue Head," which represents a state of calm, clarity, and precision, contrast with the panicked, error-prone "Red Head" state.

"Legacy" is more than just a book about leadership — it's a great guide to living with purpose and integrity, not to mention it's a great story, too. Whether you're a CEO, coach, teacher, or just someone looking for ways to better yourself, "Legacy" by James Kerr is a great read. Its universal lessons provide valuable insights into achieving excellence and building a lasting legacy in any endeavor. I highly recommend it — let me know if you enjoy it!

-Len Spada



BOMB BLUEBERRY PIE

Inspired by InspiredTaste.net

*In Maine, blueberries are a summer staple!
In honor of Len's recent trip to Acadia
National Park, give this decadent blueberry
pie recipe a whirl!*

INGREDIENTS

- Premade or homemade pie crust
- 2/3 cup granulated sugar
- 1/4 cup cornstarch
- 2 tsp lemon zest
- 1/8 tsp ground cinnamon
- 1/8 tsp ground allspice
- 1/8 tsp fine sea salt
- 2 lbs fresh blueberries, about 6 cups
- 1 egg yolk
- 1 tbsp heavy cream
- 1 tbsp coarse sugar, for top

DIRECTIONS

1. Preheat oven to 400 F.
2. Roll out half the dough and place in pie dish. Refrigerate.
3. In a large bowl, combine sugar, cornstarch, lemon zest, cinnamon, allspice, and salt. Add blueberries and gently toss.
4. Transfer the filling to the prepared pie crust, and refrigerate.
5. Roll out remaining dough to a similar size as the first piece. Lay over the filled pie, then trim and seal the edges.
6. Whisk egg yolk and cream to create an egg wash and brush over crust. Sprinkle with coarse sugar and refrigerate for 10 minutes.
7. Bake for 20 minutes, then reduce to 350 F and continue baking for 35 minutes.
8. Cool and enjoy.



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My Word! EXPLORING THE RICH HISTORY OF SCRABBLE

In 1931, the Great Depression — the worst economic crisis in American history — had thoroughly dampened the country's spirit. Amidst the crisis, Alfred M. Butts, an out-of-work New York architect, decided to create a game to take his mind off the economy. Aspiring to develop a classic to join the ranks of other timeless card and board games, Butts came up with the idea for a board-and-tile game he non-committedly named "Criss Cross," which we now know as Scrabble.

THE ARCHITECT'S PLAN

At its core, Scrabble was inspired by crossword puzzles and always featured the iconic lettered tiles, each with separate quantities and point values. Butts determined the point values by surfing through his collection of local newspapers and counting how often each letter appeared. To prevent players from creating too many cheap plurals, he included only four "S" tiles in each box and assigned the letter a measly 1 point.

Butts was eager to share his idea with the world, but the world was not as eager to receive it. He pitched the game to several publishers and retailers, but all rejected it. Butts had to retail it on a small scale, and the game did not become the surefire hit

he expected it to be. It wasn't until fellow New Yorker James Brunot discovered the game that things changed for the better. Brunot offered to mass-produce the game and, in exchange, would provide Butts with a portion of the profits, which Butts happily agreed to.

BRUNOT'S BARGAIN

As soon as Brunot secured the rights to the game, he began making significant changes to it. These included redesigning the board, its color, players' starting position, and the location of various score multiplier tiles. But his most important contribution was changing its name to Scrabble!

The owner of Macy's then discovered the game and offered to carry it in his stores. Brunot went from creating 12 copies of the game an hour when he first acquired the rights to 2,000 sets per week by 1952. By 1954, *millions* of copies were sold. Today, the game has been translated into over 20 languages and has sold over 100 million copies. People play the game worldwide, in tournaments and living rooms alike, and it has allowed millions to share in the joy initially envisioned by a down-on-his-luck architect in a time when hope was a distant prospect.