

THE SLG ADVISOR

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SKEPTIC TURNED ENTHUSIAST

My Recent Adventures on the Golf Course

It's funny how I, a once-hypercritical observer (and ridiculer), was nudged onto the golf course. Gentle but consistent prodding from my kids, Jake, and Jessie, led to an unexpected trifecta of family bonding, business networking, and a thirst-quenching outlet for my competitive spirit. Who knew the world of tiny white balls, sprawling greens, and cool golf attire could be so fun?

Jake and Jessie kept asking me to golf with them on weekends, and I kept saying "NO!" as I considered the sport boring, slow, and just for old out-of-shape guys who couldn't get their asses to a gym, a court, or on a bike. I was wrong. Jake and Jessie introduced me to a newfound activity that has brought (and I suspect will continue to bring) much fun to the Spada family. But the challenges of the game quickly tempered my initial naive optimism. However, I realized that I was not too bad for a beginner, and my kids' encouraging comments and compliments on shots well-made really got me hooked.

I was fortunate to have a friend who used to own a custom golf club shop, and he was more than willing to take me to the store so I could get my own set of clubs. We worked on the simulator and found which clubs best fit my style. I left the store with a complete set of used PINGs that I will live with for years to come.

With my new clubs in hand, the golf course soon evolved into a cherished family playground. Sunny mornings on the greens, filled with laughter, and the occasional expletive after a horrible shot became the highlight of our weekends — every round adding another chapter to the ongoing story of our family's shared experiences. In fact, I spent this past Father's Day playing a round with my kids



and wife. We had a spectacular day together. It was honestly the best Father's Day I've ever had.

Golf has provided a new competitive outlet for me, even though I'm usually only competing with myself. The desire to improve is ingrained in my DNA, and I enjoy getting better little by little. I don't beat myself up when the improvement stalls or I don't make as much progress as I would have liked. I just enjoy my time on the course and

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Become the Ideal Version of Yourself

By Reading 'Atomic Habits' by James Clear

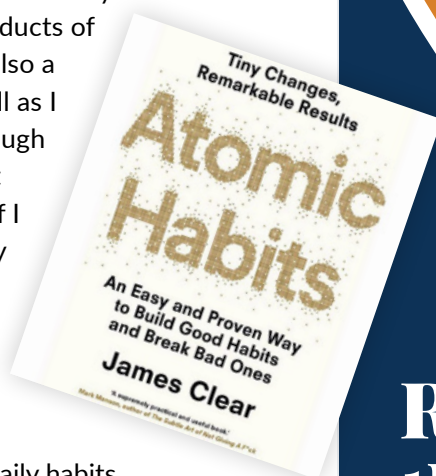
We all have habits that make up our daily routines. Some habits are beneficial and help us to become better versions of ourselves, while others are detrimental to our overall well-being, and no matter what we do, we just can't shake them. In many ways, I believe that we are a sum of our habits, which is why it's so vital that we develop strong habits that support our lifestyles.

There are many good things in my life, such as my business and health. These are really products of my habits. The bad things in my life are also a product of my habits. I don't sleep as well as I should, but it's because I'm scrolling through my phone or reading late at night. I don't have a great bedtime routine, and even if I have one drink, I can feel its effect on my sleep. So what can we do to strengthen our good habits while improving our negative habits?

Reading "Atomic Habits" by James Clear helped me realize the importance of my daily habits. We all have goals and dreams we hope to achieve, but we have to put plans in place to make it possible. This can come in the form of habits. Even changing something small can have a significant impact on your life.

Let me give you an example. Many people attempt to lose weight every year. They say, "I want to lose 50 pounds as fast as possible," so they start making a bunch of changes immediately. They start going to the gym and completely change their diet. Over time, they stop going to the gym as often and slink back to their unhealthy eating habits because they try to change too much too quickly. Instead, start small. Every month, try to make one minor change that will make a difference. Instead of changing your diet, just stop having cream and sugar with your coffee. Once that change has set in and becomes a habit, you can move on to another adjustment.

This is just one example of what you will learn by reading "Atomic Habits." It's a book that has changed my life for the better, and I think it can do the same for yours.



Road Ready

PREPARING YOUR

In the next few weeks, students from across the country will be returning to their college campuses to start a new semester. It's an exciting time in their lives, and many will bring their own vehicles with them to campus. Most students don't drive new luxurious cars; they drive older beaters that were passed down through the family or purchased for the student so they could drive to and from high school. Before they head off for the fall semester, take some time to inspect their vehicle to ensure it's ready for the next few months.

The first thing you should do is take their vehicle to a dealership or trusted mechanic so they can service it. Don't just go to your local Valvoline for a quick oil change; you should have a full inspection done so you can ensure the car will run adequately while your child is away at college. Get the wheels rotated or replaced if necessary, the oil changed, the brakes and alignment fully inspected, and any other fluids replaced. Talk with your child

Review of the Month



"They took care of every single detail, from talking with insurance, to meeting with me to get a detailed evaluation of everything, and even paying out the medical bills once I got my payout. The team is very responsive and they were upfront about all the costs and time they expected this case to take. I would recommend them to anyone."

-Isiaha P.

Ready for College

CHILD'S VEHICLE FOR COLLEGE

about why this is important so they can continue to maintain the vehicle while they're away at school.

Another tactic worth exploring is getting your child a roadside assistance package. The last thing you want is for your child to become stranded on the side of the road, having to walk or call a mechanic for help. AAA and many car insurance providers will offer roadside assistance coverage. All they have to do is click a button in the app, and someone will come to look at their vehicle, wherever it may be, and attempt to get it running again. Roadside assistance provides an excellent safety net.

As a final measure, research the area where your child is going to

school so they can properly prepare for any type of extreme weather. When my son went to college, we got snow tires for his car since he was moving to a colder climate. You never know how or when these things will come in handy, but it's better to be safe than sorry. By taking the necessary safety precautions with your children's vehicles, you'll help them stay safe on the road.



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try to improve when possible, and thankfully, there are many areas of golf to improve. Once you figure out your driver, you must learn to putt. Once you learn to putt, you must learn to hit your long irons. There's always something new to learn, and I live for it.

While I've exclusively played with just my children, my beautiful wife of almost 30 years, Liz, recently surprised me by expressing her interest in joining us on the course. There was no way Liz was going to watch her entire family leave on the weekend to spend time together without being included. So, let's just say we have made golf a family affair. The kids love it because they often play on my dime.

-Len Spada



An Old Fashioned With a Twist

Inspired by "Town & Country" magazine

INGREDIENTS

- 2 oz bourbon (your choice)
- 1 oz St. Germain elderflower liquor
- Ginger ale
- 2 Orange slices
- 1 lemon, cut into slices
- 4 Amarena cherries

DIRECTIONS

1. Muddle orange, lemon, and 2 cherries in a mixing glass.
2. Add bourbon and St. Germain.
3. Roll the mixing glass before straining into a rock glass with ice.
4. Add a splash of ginger ale and garnish with orange and cherries.
5. Enjoy!

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This Enigmatic Inscription Remains Unsolved

DISCOVER THE THEORIES BEHIND SHEPHERD'S MONUMENT

A mysterious 18th-century code has made even the most renowned geniuses lose sleep and continues to puzzle the world. On the grounds of Shugborough Hall in Staffordshire, England, lies the baffling code that refuses to be cracked. The Shepherd's Monument was commissioned by British Parliament member Thomas Anson and sculpted by Peter Schee around the mid to late 1700s. But what makes this monument so mysterious?

On the monument is an engraving of Nicolas Poussin's painting "The Shepherds of Arcadia" and the inscription "OUOSVAVV" framed by the letters "DM," which are placed slightly lower than the main eight letters. While the inscription has a long history of confusing the public (including Charles Dickens and Charles Darwin), the monument's mystery was reignited after its appearance in the bestselling novel

"The Da Vinci Code" by Dan Brown. Now, countless theories have been made, but no confirmed meaning exists.

So, what are the conspiracy theories out there behind this vague inscription?

- Masonic symbols lead to the hidden location of the Holy Grail with the outside letters "DM," meaning "Devout Mason."
- A tribute to Anson's late wife with the letters standing for "Optimae Uxor is Optimae Sororis Viduus Amantissimus Vovit Virtutibus," meaning, "Best of wives, best of sisters, a most devoted widower dedicates [this] to your virtues."
- The monument is a dead end with jumbled letters to taunt those who look too deeply into inscriptions.

While these theories have been the predominantly believed meanings for

centuries, one recent discovery may make the most sense. Linguistic expert Keith Massey utilized his expansive knowledge of Latin to develop the phrase "Oro Ut Omnes Sequantur Viam Ad Veram Vitam," which translates to "I pray that all may follow the Way to True Life." This phrase was common on ancient Christian tombs. The primary hint was the mysterious "DM," which Massey determined was "Dis Manibus" or "for the Manes," another phrase seen on ancient Christian tombs.

Massey explained, "My solution provides a straightforward and grammatical sentence, all parts of which are attested in tomb inscriptions and texts predating or contemporary with the creation of the Shugborough inscription." Do you agree? Is this finally the true meaning behind this riddle, or is there still more to be uncovered?