

THE SLG ADVISOR

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‘Play Ball!!!’

Lessons I Learned Coaching Little League

For many of us, sports play an important part in our lives. Not only is it a source of entertainment to watch our favorite sport or team, but playing sports develops our teamwork and communication skills. I was a hockey player in high school but after becoming a dad to a son who loved baseball, I became a passionate baseball fan. The second week of June is National Little League Week, and it always serves as a reminder of my time coaching my son’s Williamsport Little League team – when he was 12 – as we dreamed big about making it to the Little League World Series.

My son played baseball from elementary school all the way through college. I had the privilege of coaching many of his youth teams, and I was chosen to coach our town’s Williamsport team. Every town has a Williamsport team, which is comprised of the town’s best 12-year-old players who are playing for the opportunity to represent their state in the Little League World Series in late summer. We were

a small town of approximately 8,000 residents, which is tiny compared to the big cities we would have to defeat if we had any chance at all.

I am a very competitive person and I can get pretty intense at times, but in this case, my intensity may have been a bit too much for 12-year-old Little Leaguers. I treated my coaching responsibilities like I was in the Major Leagues, and that was a big mistake. In retrospect, I think I was more concerned with how our team’s performance reflected on me than on whether the kids were having the most positive experience possible. I was too intense, and I feel badly to this day about my shortcomings that summer.

I reflect on that summer a lot – mostly with happiness and pride for everything we accomplished but at other times with regret, worrying that I sucked some of the fun out of it for the kids. If I were to ask my son, he would probably laugh at the experience saying, “Remember when you did this or got really mad at this?” When I think deeply



about it, I realize that though I might not have fostered the healthiest learning environment for the kids to learn the finer points of the game, I did create an environment filled with passion and enthusiasm. The kids knew their coach was committed and giving 100% of his effort. I hope what they took away from my misplaced intensity was that I had passion, and I did the best I could. The kids in turn gave it their all, and in the grand scheme of things, I’m proud of what we accomplished.

I’ve stayed in contact with several of the young men from that team. They’ll often call me up seeking career advice or guidance, and they sometimes still refer to me as “coach,” which I won’t lie, I love! Just recently, I was invited out to dinner by one of my former players to whom I had offered some career advice in the past. I assumed he wanted to share the good news that he recently passed his CPA exam, but instead he wanted to share the news

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5 Common Causes of Bike Crashes

And How to Avoid Them

Summer means many people throughout Massachusetts will take the opportunity to get out on their bikes and ride. If you're one of these people, then you need to be aware and safe while on your bike. You don't have the same protection you would have in a car, so accidents can become much more serious. Here are five common causes of bike crashes in Massachusetts and how to avoid them.

The Right Pull Out Crash

This accident occurs when a driver pulls onto the road to make a right turn without seeing an oncoming cyclist. To avoid this accident, make yourself as visible as possible. Wear bright-colored clothing and utilize lights. Always try to slow down before entering an intersection.

The Right Hook Bicycle Crash

This is one of the deadliest accidents involving cyclists that we see in our office. It happens when a car passes a cyclist on their left and then makes a right-hand turn in front of the cyclist. To reduce the risk of being involved in this type of accident, ride on the far left of the bike lane to make cars more aware of your presence. This will also leave you more room to swerve if a car does cut you off.

Getting 'Doored'

Getting "doored" happens when a parked driver opens their driver's side door right as a cyclist approaches. In serious cases, the cyclist will run into the door and fly over their handlebars and the door, causing them to land on the road. There's not much you can do as a cyclist to avoid this accident other than riding on the far left of the bike lane.

Rear-End Bicycle Crash

This accident occurs when a car rear-ends a bike. To avoid this type of accident, you need to be as visible as possible. It might seem safer to ride on the right side of the bike lane, but you'll be more visible on the left side.

The Left Cross Collision

This accident happens when a cyclist is riding straight through an intersection and a car driving in the opposite direction takes a left turn. The best way to prevent this accident is to slow down or stop at all intersections.



Share the Road

As we mentioned on Page 2, cyclists have to pay attention to the road in order to avoid collisions, but it's equally as important for vehicle drivers to do their part in accident prevention as well. To help keep the roads safe, the Massachusetts Department of Transportation has provided some tips.

Follow traffic laws.

Drive the speed limit and use turn signals to help cyclists anticipate your next move. Driving the speed limit helps ensure that you can stop quickly if needed, which could save the lives of both cyclists and drivers.

Drive with respect.

Be mindful and patient while on the road. Aggressive drivers often create dangerous scenarios for cyclists.

Prevent collisions at intersections.

Bicyclists have the same right of way rights as drivers at intersections, so drivers

Review of the Month



"I used Spada Law Group because of the great reviews I've heard from friends and family. Robyn was a pleasure to work with and was always readily available whenever I called and had a question. She made this process pain free. I highly recommend them to anybody who needs assistance when it comes to being compensated for injuries attained by others."

-Kevin K.

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6 TIPS FOR DRIVERS TO AVOID BIKE ACCIDENTS

should check their mirrors and blind spots whenever making a right turn and look for cyclists when making a left turn.

Use caution at driveways.

Many bike and car accidents happen on sidewalks after a driver pulled out of their driveway without checking for cyclists. Always look both ways before backing up and pulling out of your driveway slowly.

Anticipate roadway obstacles.

Cyclists may have to avoid potholes or other obstacles, so stay engaged and leave ample space when passing a cyclist.

Avoid distracted driving.

It is illegal in the state of Massachusetts to use your phone or electronic device while driving. If you need to make a call, pull over or utilize hands-free mode on your device.

If you were injured in a bicycle or e-bike accident, give our office a call today.



... continued from Cover

that he's going to be a dad himself! My relationship with this young man started in Little League, and now he's sharing this important life milestone with me? It made me realize, I must have done something right as a coach.

If I could go back in time and do it all over again, I would mellow out a bit (if that is even possible) and let the kids have a little more fun. I think that's an important lesson for any youth sports coach to understand. Effort, attitude, enthusiasm, and fun should be the focus.

I'm incredibly grateful for the opportunity I had to coach such respectable young men. They have grown into amazing adults, and I can't wait to see where life continues to take them. We've already had one team reunion, and a second reunion is in the planning stage. Soon enough, some of my former players will be coaching their own children and learning the same lessons that I learned!

- Len Spada



The Classic Bloody Mary

For years, the Bloody Mary has been America's drink of choice for brunch. It's often been touted as a hangover killer and can serve as a refreshing drink at any time of the day, though most people enjoy them in the morning or early afternoon. If you've been looking for the perfect Bloody Mary to kick off your weekend, try out the recipe below.

INGREDIENTS

- 2 oz vodka
- 4 oz tomato juice
- 2 dashes Tabasco
- 2 dashes Worcestershire sauce
- 1/4 tsp peeled and freshly shredded horseradish
- Lemon wedge
- Lime wedge
- Sea salt
- Celery salt
- Coarsely ground pepper
- 1 stalk of celery for garnish

DIRECTIONS

1. Squeeze lime and lemon wedges into a shaker.
2. Add all other ingredients except vodka and stir.
3. Add seasoning.
4. Put the mix in the fridge and let sit overnight.
5. When you're ready to serve, pour vodka into the shaker.
6. Add ice cubes and shake.
7. Fill a glass halfway with ice and strain the shaker contents over it.
8. Add your celery stick for garnish and enjoy!

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The Bull This Small Town Needed



Scan to follow us on social media!



Be Like Buster the Bull Finding Kindness in the Pasture

Nothing compares to a good friend. They're someone who will listen and provide support when you need it most. For everyone in Spartanburg, South Carolina – and eventually the whole world – that was Buster the Bull.

Buster's talent for companionship wasn't discovered until Wynne Smith moved into the farm next to Buster's. After he appeared in her barn one day, Wynne was a little scared, but soon, as Wynne told Reader's Digest in August 2021, Buster became a confidant.

"Somehow, he knew when I was home and would come to stand next to my house, and we'd talk over the fence," Wynne said. "If I had a hard day at work, he heard about it. If something exciting was going on at home, he heard about it. He would stand or lie beside

the fence and keep me company, give a knowing glance or breath, and I would feel better. When it was time to end the conversation, he'd turn and walk away."

As Wynne's connection to Buster grew, she began posting about him on Facebook, and soon enough, the bull had a huge following. People from across the nation and the globe knew that Buster was special, with an uncanny ability to listen and offer knowledge in a way only cows can. And he provided comfort to all who knew him.

One time, a fan of Buster's asked if he could meet the bull. The man was dying, and one of the last things he wanted to do was meet the cow who had given him

some solace during his final days. With permission from his doctor, the man drove two hours to meet Buster, hauling a basket of apples along the way. Although kind, Buster was never one to eat apples that didn't come from his tree. But that day, Buster knew those apples were special, and he ate them. Buster did that for a friend.



In November 2020, Buster walked into the woods and laid down to pass away. He had been sick, and despite some treatment, the all-knowing bull just knew it was time. He had done what he came here to do: spread kindness.

Today, his friendship still lives on for the residents of Spartanburg, South Carolina, and all the fans of Buster the Bull.