

THE SLG ADVISOR

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%\$&# Cancer!

HAVING CANCER TAUGHT ME A FEW IMPORTANT THINGS

I'm writing this article on August 10th, 2021. It's 9:00 a.m., and I am sitting in the cafeteria of Dana Farber Cancer Institute in Boston. I'm waiting to find out if, after 5 years, I remain cancer-free.

I was diagnosed with testicular cancer in 2016, had surgery, and have been coming back here several times each year to make sure the cancer hasn't returned or spread. So far, I have had a remarkably unremarkable recovery. Doctors haven't detected any cancer over the last four years, and today's scans will determine if I am "cancer-free." It's a bit nerve-wracking, but I'm one of the lucky ones. Testicular cancer has a high cure rate, and while nobody likes losing a family jewel, it hasn't disrupted my life one bit. Like I said, I am one of the lucky ones.

I know many people here this morning can't say the same. So, as I pray that God grants me the strength to deal with whatever happens, I want to share a few things I've learned from this journey. Hopefully my experience can provide anyone in

a similar situation with some comfort or guidance.

Lesson 1: Don't sweat the small stuff.

I know it's a cliché, but it's worth remembering. We worry about everything, regardless of how important it is. Frankly though, worrying does absolutely nothing to make our lives any easier or better.

Now, I'm not immune to worry. I slept horribly last night, worrying that maybe my cancer had returned. But what good was that? All my worry earned me was a rough night's sleep and some exhaustion this morning.

Whenever you worry, ask yourself this question: Can I do anything to change my situation? If the answer is no, let it go. If the answer is yes, then do something about it. I know that's easier said than done, but just getting into this mindset can help move you past worry and experience the present more fully.

Lesson 2: Be ready to die.

I know that sounds morbid, but the truth is we are all going to die – some

sooner, some later, some with pain, some without, but ultimately nobody gets a pass. What does being ready to die mean to me? It means that, if at any moment the lights go out, I am confident that those I love have no doubts about how I feel about them. I want them to say to themselves, "Len really loved me, and he showed it."

On my final day, I also want to be striving to accomplish something worthwhile. Right now, my goal is to grow my business and make the empty-nester years for me and my wife, Liz, a rewarding time in our lives. However, at age 70, my goal may be different. Maybe then it will be to be an awesome grandfather and to help support my kids in some way as they raise my grandchildren. The point is that when the curtain finally falls, I want to be "interrupted" while moving toward a goal. I do not want to be sitting around waiting for death. I want to be movin' and groovin' till the end.

Lesson 3: Be kind all the time!

An admittedly crude bumper sticker

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Avoiding Red Light Collisions

Tips to Stay Safe

There is never a safe time to run a red light. Even if there's nobody on the road and it's the middle of a sunny day, it is always better to be safe than sorry. Mistakes do happen, though. Whether it's a quick yellow or you accidentally followed the car in front of you through a red light, there are things you can do to prevent a collision.

Keep your phone away.

This one is one we've all heard before, but it must be repeated: Stay off of your phone. In 2019, 846 people were killed in crashes that involved running a red light. That number has grown year after year, and it's not surprising with distracted driving becoming more prevalent than ever. If you are on your phone while you're driving, you are distracted from driving. Focus on your driving; your life depends on it.

Check both ways.

This is something that was taught to nearly everyone during their childhood when they were first learning to cross the streets. This does not change once you have your license. Even if your light is green, you need to be watchful for other cars that may run the light. Always wait before heading into the intersection in case another car did not see their light change or was trying to run a yellow light. Though you may be in the right in the eyes of the law, it's not worth risking an injury or your life.

Don't be a follower.

When you are second in line at a red light and waiting for the light to turn green, pay attention to the lights, not just the car in front of you. We have handled cases where someone who was second in line at a red light simply followed the car in front of them, assuming that obviously the light must have changed from red to green. Well they were wrong! The car in front of them for some unknown reason, whether by mistake or impatience, went through the red light. The second car followed and got T-boned by a car who had just missed the red-light runner. So, when a car in front of you begins to enter an intersection, make sure you see that the light has changed to green.

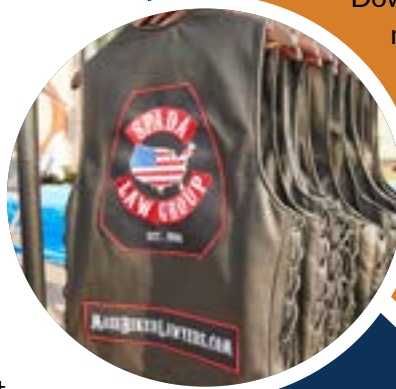
Accidents do happen. If you've been involved in an accident, we want to help you. Call or text our office at 617.889.5000 and we can answer any questions you may have.

Sponsoring Sammy

This past August, Spada Law Group was honored to sponsor Sammy's Ride for 2021. This event paid tribute to one of the pioneers of modern motorcycling women, Samantha "Storm" Morgan. She was famously known for her trick riding that included conquering the "Wall of Death." She's also the holder of three land speed records and was inducted into the Sturgis Museum Motorcycle Hall of Fame.

This was the fifth annual Sammy's Ride and one of the best ones yet. It included an hourlong scenic ride through the North Shore of Massachusetts, and we could not have asked for better weather. Live classic rock from Down Cellah also helped create a truly memorable atmosphere. It was more or less an all-day affair, but the day felt like it flew by in a couple of hours.

The main goal of the event was to raise money to help injured riders throughout the state. As sponsors, we wanted to go the



Review of the Month



"I suffered a severe injury in a bicycling accident when I crashed into another cyclist who was going the wrong way on a major road. I required surgery, and while I am grateful I recovered over time, this accident severely impacted my ability to work for several months. My wife is an attorney and she recommended I reach out to Spada Law Group. Attorney Spada and his group worked with me to reach a settlement through mediation that more than covered my medical expenses and lost wages. We were able to come to a prompt settlement through mediation which avoided a time consuming trial. Everyone in the office was courteous and professional. They kept me up to date about how my case was proceeding at regular intervals. I was very pleased with the process and the outcome."

-Sohail Husain

Sammy's Ride A CAUSE CLOSE TO HOME

extra mile to show our support and see if we could raise even more money. So, we had custom leather vests made, and for any rider who wanted to wear one as a ride ambassador, we agreed to donate \$200 toward the cause. Fifteen riders graciously agreed to wear our vests, and as a result, Spada Law donated an additional \$3,000 to help injured motorcyclists in Massachusetts.

Sammy's Ride is held to help a great organization called Riders Helping Riders. This organization raises money for the Massachusetts Motorcyclists' Survivors Fund. They put together great events throughout the year and any donations to them go to a worthy cause. During the summer, Riders Helping Riders will usually host several rides throughout our beautiful state. When things get too cold, the group hosts plenty of indoor

events that range from concerts, pool competitions, and crossbow competitions. They always have their hand in something and a full list of their events can be found at MassMSF.org.

This year's Sammy's Ride was special. Not only did we raise money to help those in need, but we also got to spend time with some of the nicest people we have ever met. Thank you, Riders Helping Riders, for allowing Spada Law Group to help out and you can be sure we will be annual sponsors from this point forward.



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I once saw (and liked) read, "Mean people suck, so be kind." I agree! When I encounter someone who exhibits cruelty or a total lack of empathy, I'm genuinely repulsed. As I sit here and see the depths of human suffering that result from cancer, I realize kindness is the most essential and prized human trait we can strive to possess. If you are truly a kind person, you have my utmost respect. If you are a cruel person, you're not allowed in my life. Life is too short to be mean to one another.

4:00 p.m. ...

It's now 4:00 p.m. and I just got my test results back ... GOOD NEWS! I'm grateful to say that I am officially cancer-free! Good riddance. Even though I'm one of the lucky ones, my journey with cancer isn't something I would wish on my worst enemies. If you're on a similar journey right now, I hope and pray you'll have the same luck that I had.

-Len Spada



Mikey G.'s Pasta and Peas

This is our first edition of Client Kitchen, and Mikey G. truly brought the flavor. This pasta dish can feed even the hungriest of families.

INGREDIENTS

- 1/2 red onion
- 3 cloves of garlic
- 3 tbsp butter
- 3 tbsp olive oil
- 1 bag frozen baby peas
- Italian seasoning, to taste
- Ground pepper
- 1 lb elbow macaroni
- 1 cup Romano cheese
- Pinch of fresh parsley

DIRECTIONS

1. Mince onion and garlic, then sauté in olive oil until onion is translucent.
2. Add butter and ½ cup of water. Bring to a boil, then simmer for 2 minutes.
3. Add the bag of frozen peas and another cup of water, and break them up in the pan. Bring to a boil, then simmer, stirring frequently, for about 4 minutes.
4. Add Italian seasoning, fresh parsley, and Romano cheese.
5. Simmer until thickened, then add pepper.
6. Cook elbow macaroni in a separate pot according to package instructions.
7. Dish cooked macaroni onto individual plates, **THEN** top with peas and cheese sauce. (DO not add sauce to the entire 1 lb of pasta as it will dry out the sauce!)

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Scan to follow us on social media!

The Dog Who Rescued Another The Story of Whoobie, Juan, and the Family They Created

When we hear about animals being rescued and adopted, we often picture a family finding their perfect furry companion.

In the case of Whoobie and Juan, it's a little different.

Whoobie was his owner, Patricia Lane's, loyal mutt for many years. He mastered all the standard dog commands — sit, stay, and lay down — and he danced when asked and could find his favorite toys by name. Patricia always knew when her guests arrived based on Whoobie's howl, and his loud-mouth attitude often saw him as the "sheriff" of the local dog park, policing any and all dog fights.

For years, Whoobie and Patricia were perfect companions, but one day, their family grew by chance. After waking

from a nap on their couch, Patricia and Whoobie heard a dog barking outside. A small Chihuahua mix was standing in their backyard, despite the high fence. (Later, Patricia surmised that someone dropped the Chihuahua into her yard.)

For an hour, Patricia tried to establish a rapport, pleading with the little dog to eat or come inside so she could find his owners. He wouldn't move. Giving up, Patricia left her door open and went back inside. Whoobie followed — and so did the little dog. As Patricia explains to Reader's Digest, "From then on, he always followed Whoobie."

After no one claimed the dog, Patricia adopted him and named him Juan. Still uncertain about people, Juan latched onto Whoobie, and the pair became an inseparable duo. The new brothers shared a bed, and occasionally,

Whoobie placed his arm around Juan. At the dog park, every canine knew not to mess with Juan, lest they had Whoobie to contend with. The pair remained that way for years.

Sadly, the worst part about dogs is that they leave us too soon. On the day Whoobie died, Patricia and Juan said their goodbyes together in the veterinarian clinic. "As Whoobie took his last breath," Patricia recalls, "Juan laid down next to Whoobie. He seemed to know his friend was gone."

Today, Patricia and Juan have bonded, but they still miss their friend — a dog who saved them both and helped create their family.

You can read more pet stories in Reader's Digest's "America's Best Pet Pals" series.