

THE SLG ADVISOR

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2024

Navigating Today's Challenges

Is It Wrong to Focus on the Good Stuff?

Our world is full of tough news — climate change, COVID-19, conflicts like those in Ukraine and Gaza, and deep divisions in our country, especially during the presidential campaign. It makes you wonder: Is it wrong to only focus on the good stuff in our lives instead?

For the last six months, I've tried something different — I stopped paying constant attention to the news and politics and started focusing more on the

positives: my family, our law practice, my friends, good health, and a deep love for my wife. This shift has made me happier and calmer, but it also made me ask: Am I being irresponsible by tuning out the world's problems?

Some people might say we need to stay informed and involved with what's happening globally — it's our duty. But others might argue that caring for our peace and happiness is just as important. After all, if we're stressed and unhappy, how can we help others or make any positive change? Can we do both and keep our peace?

For those of you who know me well, you know philosophy has always interested me, especially Stoicism and Epicureanism. The Stoics believed in facing life's challenges head-on, while the Epicureans thought happiness came from enjoying life's pleasures and avoiding pain. My recent lifestyle feels like a mix of both, trying to balance staying aware and keeping my peace. This "balance" itself can cause some stress. (I know what you're thinking — this guy has a few issues! You're not wrong.)

But here's the big question: By focusing on our own happiness, are we ignoring others who are suffering? Or are we actually getting ourselves ready to help in a more meaningful way when the time comes?

I've been thinking a lot about this, and I'd love to hear your thoughts. Is it possible that by ensuring we're okay first, we're actually preparing ourselves to be better helpers, friends, and citizens?

As we all try to figure out the best way to live in these challenging times, let's focus on balancing staying informed with keeping our spirits up. How do we find the right mix of caring about the world's significant issues and also taking care of our own well-being?

I'm genuinely interested in what you think about finding this balance. Let's keep the conversation going and help each other navigate these tricky waters. Send me an email or give me a call!

May you all find your inner peace.

-Len Spada



GROCERIES ON US

Win a \$200 Gift Card to Market Basket — Leave Your 5-Star Review Today

Thank you for your Google review! Google reviews offer invaluable insights for individuals seeking a personal injury attorney who prioritizes their needs. Your review provides prospective clients with honest feedback, offering them a glimpse into the experiences of past clients. Sharing your thoughts and experiences empowers others to make informed decisions when selecting legal representation.

Have you seen the price of groceries lately? A dozen eggs, a loaf of bread, and a gallon of milk certainly leave a bigger hole in your wallet than they did just a few short years ago! We all could use a little help with the next grocery bill!

Now's your chance to win a \$200 gift card to Market Basket — groceries are on us! The first 20 people to leave a five-star Google Review about their positive experience with one of our team members (must include the name of the team member in the Google review) will be entered to win!

To enter, here's what you need to do:

- Scan the QR code on this page (take out your phone and take a photo of the QR code to be directed to the correct web page) to complete a Google review of your positive experience with one of our team members at Spada Law.
- Once you've completed your review, email Len at **LSpada@SpadaLawGroup.com**, letting him know you've completed your review.

The \$200 gift card winner to Market Basket will be announced in the May newsletter! Stay tuned!

LEGAL TROUBLES BY

Lawsuits Highlighted

In recent months, Panera Bread has found itself embroiled in a series of wrongful death lawsuits stemming from the caffeine content in its caffeinated energy drinks. The lawsuits allege that these drinks, marketed as a quick and convenient energy boost, contributed to the untimely deaths of several individuals. While Panera Bread has yet to comment on the pending litigation, the cases have sparked a broader conversation about the potential dangers of energy drinks.

The controversy surrounding Panera Bread's energy drinks centers on their high caffeine content, which far exceeds the levels found in traditional coffee or soda. Some of these drinks contain more than 300 milligrams of caffeine per serving, equivalent to three cups of coffee. While caffeine is a widely consumed stimulant known for its ability to increase alertness and improve focus, excessive consumption can have serious consequences, including rapid heart rate, high blood pressure, and even cardiac arrest.

In recent years, concern over the safety of energy drinks has grown, particularly among young adults and adolescents,



REVIEW OF THE MONTH



REWING FOR PANERA BREAD

Light Dangers of Energy Drinks

who are among the most frequent consumers of these beverages. The combination of caffeine and other stimulants, such as taurine and guarana, can have a potent effect on the body, leading to increased heart rate and blood pressure. For individuals with underlying health conditions, such as heart disease or hypertension, the risks associated with energy drink consumption are even greater.

Moreover, energy drinks are often marketed as dietary supplements, allowing manufacturers to bypass many regulations governing the labeling and marketing of conventional food and beverage products. As a result, consumers may be unaware of the potential risks associated with these drinks or the true extent of their caffeine content. This lack of transparency can make it difficult for individuals to make informed choices about their consumption, putting them at greater risk of harm.

While we don't yet know the outcome of the lawsuits against Panera Bread, the cases have highlighted the need for greater scrutiny of energy drink products and the importance of educating consumers about their potential risks. As the debate over the safety of these beverages continues, we as consumers must use caution and moderation when consuming energy drinks and prioritize our health and well-being above all else.



From intake on a Sunday, to settlement Len and his staff are top notch. Robyn was a pleasure to work with!

Fast, efficient and fair. Walked us through and educated us about the pros and cons of our son's accident situation.

I highly recommend Spada Law for your personal injury needs.

Regards,

Steve Passariello



GRILLED STEAK WITH CHIMICHURRI SAUCE

Savor the flavor with our mouthwatering grilled steak, paired perfectly with vibrant chimichurri sauce.

INGREDIENTS

- 2 lbs steak (flank, sirloin, or skirt steak)
- 2 tbsp olive oil
- Salt and pepper, to taste

For the chimichurri sauce:

- 1 cup fresh parsley, chopped
- 2 cloves garlic, minced
- Juice of 1 lemon
- 2 tbsp olive oil
- 1 tsp red pepper flakes
- Salt and pepper, to taste

DIRECTIONS

1. Preheat grill to medium-high heat.
2. Rub the steak with the olive oil, salt, and pepper.
3. Grill the steak for 4–5 minutes per side or until it reaches desired doneness.
4. Meanwhile, make the chimichurri sauce: In a small bowl, mix together the parsley, garlic, lemon juice, olive oil, red pepper flakes, and salt and pepper.
5. Let the steak rest for 5 minutes before slicing.
6. Serve the steak with the chimichurri sauce and enjoy!

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INSIDE

Tuning Out the Noise to Prioritize Happiness

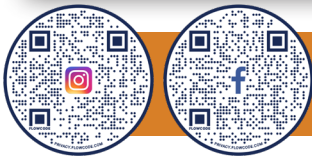
Score a \$200 Market Basket Gift Card by Sharing Your Positive Experience

Panera Bread Faces Legal Battle Over Caffeinated Energy Drinks

Testimonial

Grilled Steak With Chimichurri Sauce

A Deep Dive Into Medieval Slumber



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Unusual Sleep Practices in the Middle Ages:

THE 2 ACTS OF MEDIEVAL SLUMBER

In the Middle Ages, most people didn't sleep for eight uninterrupted hours like we do today. Instead, they had a "biphasic" sleep schedule, which means they had two sleep phases with a brief period of activity in the middle.

For first sleep, the household typically slept from 9–11 p.m. They slept on one single straw mattress. Everyone – including children, parents, and visitors – huddled on one bed.

Despite the lack of space, they tried to make it as comfortable as possible with complex sleeping arrangements. Touching, kicking, or any other restless activity was considered rude. Meanwhile, girls slept closest to the wall, followed by boys, guests, and parents.

While they didn't have alarm clocks back then, they had an internal clock that woke them up around midnight. Once they woke, they had plenty to do. They refueled the fire, did farmwork, and prayed. Often, people socialized with each other, but the busy schedules of farming families cut

down on chatting time. After they went to bed for a second sleep, they'd wake up at dawn.

Not everyone kept to the schedule. Young children slept all night unless they woke up to the commotion. Benedictine monks dozed at 7 p.m. and woke at 2 a.m. for prayer, staying awake until an afternoon nap. Still, most people followed the two-part sleep schedule, and medieval medicine

even discussed how to do it properly. For example, medical texts recommended that they lie on their right side during the first sleep and switch to the left on the second sleep.

It's really not that weird – research suggests that biphasic sleep is quite natural and influenced more by lifestyle compatibility, which means the eight-hour schedule likely evolved as cultures industrialized. Our emphasis on uninterrupted slumber also coalesces with our invention of modern mattresses, and this may not be a coincidence. Sleeping is much more enjoyable if you lie down on a soft mattress than a bed of prickly straw.

