

BOSTON LAW GROUP, LLC



Vol _____ 12
Iss _____ 9

Another Great Backpack School Supply Giveaway!

Thank you to Natasha of Natasha's Just Brittle and B'More Made With Pride Commercial Kitchen for welcoming Boston Law Group, LLC to Second Saturdays for our backpack giveaway and Ricshay Johnson and Salon Ricshay for your support.



Off The Press

DAY TRIP REVIEW

By: Renee

Piggybacking off of Marcus' recent train trip, we decided to see if a daytrip was available to NYC. Surprisingly, we were able to get tickets on the Acela.

The Train:

The Acela is Amtrak's flagship high-speed service along the Northeast Corridor in the Northeastern United States between Washington, D.C. and Boston via 13 intermediate stops, including Baltimore, New York City and Philadelphia. The Acela reaches speeds of 150mph which will make the 440 mile trip from DC to Boston take only 6 hours and 45 minutes. FYI, the Acela Express will be replaced Fall 2023 with the Avelia Liberty. The Avelia Liberty has speeds of 160 mph and would allow for 186 miles per hour service if proposed infrastructure improvements are completed. As an aside, the second-generation Avelia Liberty trainsets will be designed to reach 220 mph. However, the current U.S. infrastructure is not equipped to handle those speeds.

The City:

New York City is a very interesting city. This is the first time that I spent time during the work week in Manhattan. Previously, I had been to New York and driven through the Bronx and spent time in White Plains and traveling to Greenwich, CT. NYC is very much alive and the hustle and bustle has returned. We traveled during the work day, arriving during the lunch hours and it was interesting to see people moving throughout the city. There are A LOT of people in Manhattan during the workday, especially during a nice sunny summer day.

We walked along Broadway, visited Times Square and Rockefeller Center. We could not get too close to Rockefeller Center because a movie scene was being filmed.

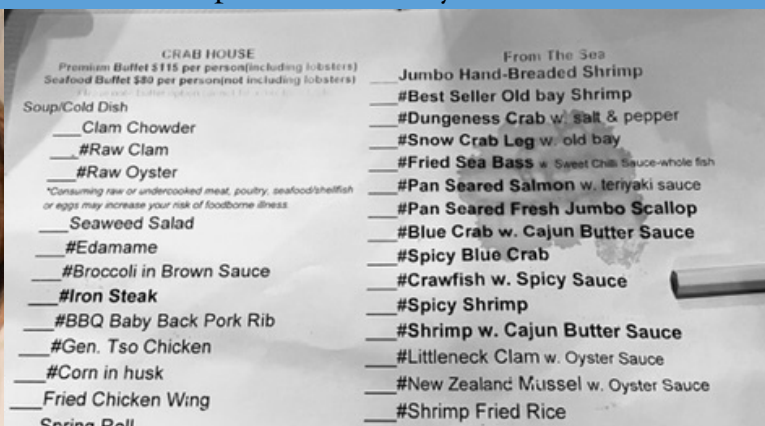
The Food:

There are plenty of street vendors with fast food. There are plenty of 99 Cent pizza by the slice takeouts (they all had very long lines).

We tried a buffet restaurant that we saw on social media, the CrabHouse. This is a contactless buffet. Which means, that you do not go up to a counter to serve yourself. A waiter hands you a menu and you select items that you want. They will keep bringing whatever you want to it. However, this restaurant has a time limit of 2 hours. The food was very good. We only tried the seafood.

Overall:

Now that we know the ease of day trips without having to deal with TSA and airlines cancellations and delays, we plan to venture up the coast and experience the city of Boston.



Off The Press



Baked Spaghetti

This is a quick meal that can be made during meal prep and served later in the week.



Ingredients

- 1 (16 ounce) package spaghetti
- 1 pound ground meat
- 1 onion, chopped
- 1 (32 ounce) jar meatless spaghetti sauce (get a flavored one)
- ½ tsp seasoned salt
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ½ black pepper
- ½ tsp onion powder
- 8oz cream cheese spread
- 3 tbs of butter
- 5 cups shredded cheese (use at least some mozzarella and a cheddar).

Directions

- 1: Preheat the oven to 350 degrees F. Lightly grease a 9x13-inch baking dish.
- 2: Bring a large pot of lightly salted water to a boil. Cook spaghetti in boiling water, stirring occasionally, until tender but firm to the bite, about 12 minutes. Drain.
- 3: At the same time, heat a large skillet over medium heat. Cook and stir beef and onion in the hot skillet until meat is browned and onion is soft and translucent, about 7 minutes. Drain excess oil from the pan. Stir in spaghetti sauce and spices.
- 4: In the pot mix the spaghetti, meat sauce butter and cream cheese. Blend into fully incorporated.
- 5: Sprinkle the bottom of you baking dish with a little cheese. Place 1/2 of the spaghetti mixture in the prepared dish. Top with 2 cups of shredded cheese, Repeat layers. Cover with aluminum foil.
- 6: Bake in the preheated oven for 20 minutes. Remove the foil and continue baking until top begins to brown or use the broiler to lightly brown the top.

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