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JUST LIKE RIDING A BIKE

CYCLING IS THE PERFECT ACTIVITY FOR ALL AGES

You likely learned how to ride a bike as a kid — according to a 2013 survey, about 94% of American adults did. Even if it has been a while since your last ride, most people agree you never forget how, and you don't have to be in great shape to get started. Outside of walking, biking might be the most accessible exercise for all ages and ability levels.

The beauty of biking is that it can be as relaxing or challenging as you want. The average kid learns to ride at around 5 years old, so the basics aren't complicated. Biking helps young children get outside and gives them a taste of being a "big kid." As a result, it's excellent for their self-esteem as well as their fitness.

Cycling is also perfect for adults who are new to exercise or need a low-impact activity. A short ride on a flat surface will get the heart rate up without feeling too strenuous, making it optimal for beginners. Older adults and people with knee problems also use biking as an alternative to other forms of exercise because it's easier on their joints.

Meanwhile, those looking for a challenge can easily find one. If you want a strenuous workout, it's easy to ride farther, increase the resistance on your bike, or pick a steeper bike trail to explore. Biking is only a cakewalk if you choose to make it one.



Since it's perfect for all ages, cycling is the ideal outdoor activity to do with your family, allowing everyone to be involved in quality time together while promoting their health. To get started, make sure everyone has a bike they can use comfortably and a helmet that fits, plus understands bike safety. Once the basics are taken care of, you're ready to hit the trails or explore the neighborhood.

Even if you never learned how to ride, there's no time like the present. You might feel a little silly at first, but the benefits of cycling will serve you — and your family — well for the rest of your life.

MANAGING THE SOUTH'S BEST RESTAURANT STEP INTO L'OPOSSUM WITH MY FRIEND, WILL

When it came time to pick a spot for my birthday dinner in February, there was only one option for me: L'Opossum Restaurant. Nowhere else would do! L'Opossum's food is fantastic — Southern Living named it the Best Restaurant of the *entire South* in 2018. I love this place and am proud that it's managed by my good friend, Will Seidensticker. Every time I visit, I'm welcomed like family.

I've always been fascinated by Will's work, and after enjoying my birthday dinner, I realized *you* might like to peek behind the curtain of L'Opossum, too. So, I sat down with Will and asked him everything I've always wondered about what it's like to manage the South's best restaurant. In the process, he told me his life story. He's been working in the restaurant industry for 29 years — and it all started with chain pizza.

"I got a work permit when I was 15 and worked at Little Caesars until I graduated high school," he explained. "I went to Freeman high school in RVA and graduated in 1993. Honestly, I had no intention of staying in the restaurant business for so long. But I love my job at L'Opossum, and I can't even imagine working anywhere else."

Will started in restaurants as a cook but eventually transitioned to working in the dining room, what industry insiders call "front of house." That time in the kitchen taught him to appreciate the hard work of building a delicious menu.

"I have a tremendous amount of respect for the people cooking at L'Opossum. What they do is amazing, and a large part of feeling honored to work at L'Opossum comes from serving David Shannon's incredible dishes," he says.

Speaking of dishes, two of Will's favorites on the rotating L'Opossum menu are the "les escargots à la ham biscuit" (snails and a ham biscuit sandwich served on a bed of sweet garlic beurre blanc and greens) and the "fabergé egg bédazzled with caviar & dill cured salmon" (a beautifully pink hard-boiled egg creatively combined with lobster and vodka powder).

"I often say you can close your eyes and point at something on the menu, and you will probably have the best meal you have ever had," he says.

Will also likes mixing classic Sazerac cocktails behind the bar, and both the food and alcohol are part of his job.

"I pick up liquor, meet with wine reps, conduct interviews during the day, and I meet with David Shannon daily at 3 p.m. to go over any issues that may need attention. David stays very involved, and my job is to support his vision. The blueprint for L'Opossum is



different than other restaurants I've worked at, and the experience has and continues to be more than a job — I feel honored to walk in the door," he says.

Will has worked at L'Opossum for almost seven years, which is most of the restaurant's lifetime. He was there in 2016 when Chef Shannon was named a James Beard Award semifinalist (a huge honor in the food industry) and when the Southern Living nod came in. Both of those honors confirmed what he already knew: L'Opossum was something special.

"I think several things make up a great restaurant experience. How it looks, music, service, and — of course — the food. L'Opossum nails them all. David has mastered playful meets serious. Don't confuse the playful menu or art by thinking the restaurant is not to be taken seriously," he says.

The way I see it, the quirky names are a part of the restaurant's aesthetic, just like Chef Shannon's personal collections of art and ribbon lights on display! Will told me that one painting dates all the way back from when the chef was 5 years old, so the restaurant really is a capsule of his personal history.

L'Opossum is only open Tuesday-Saturday for dinner. To see the art (and Will) in person and taste Chef Shannon's fabulous food, make a reservation at LOpossum.com.

—Kevin Mottley

EVERYONE'S DOING IT!

DOWNSIZING FOR THE BETTER

Whether you simply want to eliminate clutter or move to a smaller home now that the kids have moved out, downsizing has increased in popularity in recent years. But, if it's your turn to downsize, you may find it challenging and unexpectedly emotional. Here are some tips to make the process easier.

Start early.

This process cannot be rushed and will not be a quick one, so don't try to squeeze all of the preparation and packing into a few days. This process can take weeks — or even months — and that's completely normal. You'll want time set aside to go through everything room by room, one item at a time.

Create 'keep' and 'toss' piles.

When going through your belongings, create a pile for items you want to keep and items you want to either donate, give away, or throw away. While creating a *maybe* pile may feel worthwhile at the time, it will only end up leaving you with more clutter. Plus, indecision prolongs the process.

Get rid of duplicates.

You've collected a lot over the years. If you have two can openers, five sets of bed sheets, three cookie sheets, and an endless supply of spatulas, it's time to clear out the duplicates that you don't need or use. Consider donating everything that's in good condition — someone surely could make good use of it.

Take time to reminisce.

There is fun to be had in sorting through old memories. Allow yourself time to stroll down memory lane. Welcome laughter, smiles, and tears. You can even invite your loved ones over to help and share in the stories as you pack up the items you hold dear.

Don't let decluttering and downsizing be a daunting task; take it one step at a time. Even if you aren't moving anytime soon, it's always a good idea to cut down on the amount of clutter you hang on to!



WE WON OUR CLIENT \$1.8 MILLION!

JUSTICE AFTER A TRAUMATIC BRAIN INJURY

Several years ago, our client — we'll call him John — was riding shotgun in a friend's pickup truck a few cars behind a school bus. When the bus stopped to let students off, John's friend hit the brakes ... but the construction truck coming up behind them didn't.

It smashed into the pickup at 65 miles per hour, hitting it so hard that the backs of both front seats collapsed. John's last memory of the impact was the sound of an explosion. The pickup careened forward into the car in front of it with enough force to cause a four-car pileup.

Miraculously, John pulled himself out of the wreck and appeared unhurt. He rode along with his friend to the hospital, but the emergency room physicians didn't examine him. It wasn't until hours later that John's coworkers and family noticed that something was wrong.

John wasn't acting like himself. He couldn't focus, and eventually, he went to see his doctor. She diagnosed him with a concussion, and when he visited a specialist, she discovered he had a "coup contrecoup" traumatic brain injury (TBI). During the accident, his brain had moved back and forth inside his skull with damaging force.

John's symptoms lasted for months, and after a year of treatment, the doctors gave their verdict: His post-concussion syndrome was permanent.

John thought his life was ruined. After more than thirty years of working, he couldn't do his job without supervision. He had lingering tinnitus; problems with his memory, mood, and balance; headaches; photophobia; and issues concentrating. His only hope was to take his case to court — and our team stepped in to help.

We threw all of our efforts into fighting for John, and after a yearlong legal battle, our hard work finally paid off. Just before John's scheduled trial, we settled his case for \$1.8 million!

That money won't bring back John's health, but it will cover his past and future medical expenses and compensate for the paychecks he can't earn because of his injury. It's a huge step toward justice! If someone you know is struggling with the aftermath of a car crash, we might be able to help them, too. Send them to our website, MottleyLawFirm.com, to schedule a consultation.

3 LOCAL CHILDREN'S BOOK AUTHORS TO EXPLORE

YOUR KIDS AND GRANDKIDS WILL LOVE THEM!

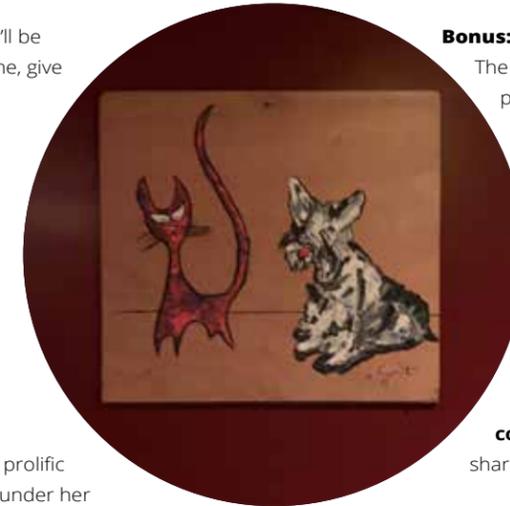
April 2 is International Children's book day, and here in Virginia, we're lucky to have dozens of amazing children's book authors to choose from. In fact, the Virginia Children's Book Festival at Longwood University is the largest of its kind on the East Coast!

That festival won't happen until October, but if you'll be reading with your kids or grandkids in the meantime, give these local authors a try.

Maria Gianferrari — Inspired by adventures outdoors with her late pup, Becca, Gianferrari writes about wildlife and children's bonds with their dogs. Check out "Play Like an Animal! Why Critters Splash, Race, Twirl, and Chase" for some verb practice, "Whoo-Ku Haiku" for the story of a family of great horned owls, and "Operation Rescue Dog" and the tales of "Penny & Jelly" to follow kids and their pets.

Sue Fliess — Sue Fliess is one of our state's most prolific children's book authors, with more than 30 books under her belt! She started writing to satisfy her son's curiosity about outer space and never stopped. Check out her science and fantasy-themed books like "Sadie Sprocket Builds a Rocket," "The Princess and the Petri Dish," and "How to Trap a Leprechaun."

Courtney Pippin-Mathur — Courtney Pippin-Mathur started her career as an illustrator, and her books are full of beautiful watercolor art. You can find "Maya was Grumpy," "Dragons Rule, Princesses Drool," and "Happy Diwali!" online and at local bookstores.



Bonus: Did you know there are authors on our team at The Mottley Law Firm, too? The books and resources we publish aren't exactly bedtime stories for kids, but they are full of valuable information for anyone who is experiencing a brain injury, the aftermath of a work accident or car crash, or a dispute over a will, and **we'll share them all with you for free.**

To get a copy of Kevin's book "Brain Case" that includes five questions to answer before filing a brain injury case; our report "Nuts and Bolts" that will guide you through a personal injury case; or our report about contested wills, visit MottleyLawFirm.com/Reports to access the information you need or share it with a loved one.

—Kevin Mottley

SUDOKU

7	3			6			1
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		5			4	8	
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	7		2		1		
9			1	3			
5		4		7		9	
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SOLUTION

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9	8	6	1	5	3	2	7	4
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8	8	1	3	6	4	7	5	2
2	6	5	7	1	9	4	8	3
1	4	9	8	6	1	3	4	7
1	4	9	3	7	8	2	6	5
7	3	8	2	4	6	9	5	1



PECAN CREAM PIE

INGREDIENTS

- 1 9-inch uncooked pie crust
- 1 cup heavy whipping cream
- 1/4 cup powdered sugar
- 2 8-oz bars of cream cheese, softened
- 1/2 cup light brown sugar
- 1/4 cup pure maple syrup
- 1 1/2 cups finely chopped pecans, divided

DIRECTIONS

1. Cook pie crust according to package instructions.
2. In a small bowl, combine heavy whipping cream and powdered sugar. Beat for several minutes with a hand mixer until stiff peaks form.
3. In a separate larger bowl, combine the softened cream cheese, brown sugar, and maple syrup. Beat together until combined and creamy.
4. Fold the whipped cream into the cream cheese mixture and stir together until combined. Stir in 1 cup of chopped pecans.
5. With a spatula, spread mixture into the baked and cooled pie crust. Sprinkle the remaining pecans on top of the pie.
6. Cover and refrigerate overnight before serving.