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The Mottley Law Firm

GETTING GAMEDAY READY

MY PREDICTIONS AHEAD OF COLLEGE FOOTBALL SEASON

As many readers know, I proudly graduated with an undergraduate degree from Virginia Tech, but I completed law school at the University of Virginia (UVA). For those who don't follow college football, these two colleges have had a long-standing rivalry for decades — and the rivalry goes beyond football.

Yet, I'm always amazed by UVA fans, who always seem to ask this question: "Where does your allegiance lie?" The funny thing is that no Virginia Tech fan would ever ask that! (And that's usually how I respond, too.)

Yes, I bleed maroon and orange, and I only pull for UVA when they are not playing Virginia Tech and are not in a game consequential to my Hokies.

It may only be August, but I'm already fired up for this year's college football season. Every year, I try to catch a few Virginia Tech games, and this year, my wife and I want to go to a few games featuring our children's respective colleges. So, I present to you the list of games I'll be attending this college football season and my official predictions.

And as always, Go Hokies!

Saturday, Sept. 14: Louisiana State University (LSU) at the University of South Carolina

Prediction: University of South Carolina 31, LSU 24

On Sept. 1, 2002, I saw LSU play at Virginia Tech, coached by the legendary Frank Beamer at the time. On that day, the Hokies stomped LSU, 26-8, in an electrifying David-versus-Goliath-like matchup. LSU continues to be one of the diamonds of college football, and they are headed to the University of South Carolina, where my youngest is going to be a freshman this year, and where my oldest graduated two years ago. And to top it off, the University of South Carolina has a Hokie connection: Shane Beamer, son of Frank Beamer and a Hokie alumnus, is the coach of the Gamecocks. So, I'm predicting a repeat of history. I believe a Beamer-coached team will top LSU in September, 23 years after that great Hokie game.

Saturday, Oct. 5: Virginia Tech at Stanford University

Prediction: Virginia Tech 42, Stanford 13

Next, I'm headed across the country to Stanford, California, to watch the Hokies (hopefully) trounce Stanford. I'm feeling pretty confident about their chances in this game, and I hope they prove me right!



Saturday, Nov. 2: Texas A&M at the University of South Carolina (Homecoming!)

Prediction: Texas A&M 21, University of South Carolina 24

I feel a little uncomfortable picking two wins for the Gamecocks, as they've broken my heart many times before (just like the Hokies). I went out on a limb in saying the Gamecocks would beat LSU in September. But I don't feel too risky picking the Gamecocks over A&M and their first-year coach, especially in Columbia.

Saturday, Nov. 30: The Annual Virginia-Virginia Tech Rivalry Game

Prediction: Virginia Tech 42, UVA 20

Now, don't get upset with me, UVA fans! I have some high hopes for my Hokies this season, but taking into consideration the depth of talent Virginia Tech has, coupled with the 55-17 loss UVA suffered at the hands of Virginia Tech in last year's rivalry game, I have a feeling Virginia Tech will dominate once again. However, I do think UVA will put up a good fight. This year's game is at Virginia Tech, so no matter what the outcome, I can't wait to cheer for the Hokies with my fellow fans.

Here's to an exciting and safe football season!

-Kevin Mottley

THE DAWN CHORUS

REASONS BEHIND BIRDS' MORNING SONGS

Birds join together in the early morning hours — usually around 4 a.m. — in a chirping symphony, which scientists call the dawn chorus. I know what you're thinking; *that would be a great band name!* You are correct; it would be, but it is also an astounding fact of nature that many birds choose to sing in the morning at great volume. There's a reason for this behavior, or at least a couple of theories, and you can read about them here!

Love Birds

Birds are romantics at heart, and they start every morning with a lovesong in the hopes of stirring up *romance* — or, more accurately, finding a mate. It is primarily the male birds singing, and science shows that their ballads are loudest in the early morning hours. This is likely not to increase the *range* of their song but to increase its audibility and consistency, granting them the strongest chance of landing a partner.



Opening Act

All bands have an opener, and all great acts need to practice to reach their full potential. According to a report by PBS, another theory as to why birds sing their loudest in the morning is that they are *warming up* and will sing multiple times throughout the day.

Nesting Grounds

We can all agree there is nothing more irritating than the constant chirping of a bird first thing in the morning. So, it makes sense that birds sing to ward off competition. They want to let other birds in the area know this is *their turf* and do not want to share it with anyone else. One theory posits that male birds tend to sing in the earliest hours of the morning because it's the most *dangerous* time of day for them, and they prove their strength and value as a mate by braving it anyway.

DIGITAL DISCOVERY

Virtual Museum Tours Make Art and History Accessible

The priceless artwork, artifacts, and other attractions draw tourists worldwide to museums. However, not everyone can travel the globe to view the works of accomplished artists, curious historical figures, and inventions of esteemed engineers. Luckily, famed institutions like the Louvre in Paris; The State Hermitage Museum in St. Petersburg, Russia; and Smithsonian Museums in Washington, D.C., all have something in common: Patrons can enjoy them *online*. The internet helps bring esteemed exhibitions to your browser, where you can take virtual tours *free of charge*. Here are three incredible museums with virtual tours for all to enjoy!

The Louvre

Built partly in the ruins of a 12th-century fortress, France's national museum and art gallery is the most popular destination of its kind. The French revolutionary government opened the Louvre in 1793, and Napoleon expanded it. Today, it houses some of the world's most famous works of art, including Leonardo da Vinci's "Mona Lisa." You can enjoy great swathes of its exhibits through virtual tours on its website.



National Museum of Natural History

Part of the Smithsonian in Washington, D.C., the National Museum of Natural History is the most-visited natural history museum *in the world*. Its 1.5 million-square-foot grounds house a dizzying array of exhibits to delight visitors of all ages. Virtual tours are available on its website and include spectacular views of its awe-inspiring exhibits.

The State Hermitage Museum

Founded by Catherine the Great in 1764, the world-famous Hermitage Art Museum is in the Russian city of St. Petersburg. Nicholas I and the Soviet Union, among others, have reconstructed and expanded it since then. While some of its works were sold to fund Soviet industrialization, it is still a tremendous beacon of art and culture. With political tension and despotic rule making it more difficult for those in the West to visit Russia *at all*, its virtual tours, which you can find on Google's Arts and Culture website, are the safest way to view its contents.

DON'T GO IT ALONE

How to Navigate the Legal Maze After a TBI

Traumatic brain injuries (TBIs) can happen in the blink of an eye — whether from a serious car crash, a bad fall, or any other type of accident. And in the aftermath, the legal and financial implications can be overwhelming. Understanding your rights and taking the right steps to safeguard your ability to recover maximum compensation are crucial.

Unlike many other states, Virginia follows a "pure contributory negligence" rule. This means that if you are found even 1% responsible for the accident that caused your TBI, you won't be able to collect any damages from the other party. The stakes are incredibly high, so working with an experienced personal injury attorney is vital.

The first step is to seek immediate medical attention, even if your injuries don't seem severe. Symptoms of a TBI can take days or

weeks to manifest fully, so getting checked out right away is essential. Be sure to follow all recommended treatments and rehabilitation — and keep meticulous records of your medical expenses, lost wages, and the ongoing impact of your injury.

Throughout this process, it's crucial to consult a knowledgeable TBI lawyer. They can help you navigate the complex legal landscape, gather critical evidence, and build a solid case to maximize your compensation. Even if the other party's insurance company seems cooperative, they may still try to minimize your payout — so don't go it alone.

Your legal representative can also advise you on whether you may have grounds for a third-party liability claim. If someone other than the at-fault party (such as the manufacturer of defective equipment)



contributed to your accident, you could be entitled to additional compensation.

Traumatic brain injuries can be physically, emotionally, and financially devastating. But with the right legal support, you can protect your rights and get the full benefits you deserve to aid your recovery. Don't wait to reach out to a personal injury attorney at Mottley Law Firm, who will fight tirelessly on your behalf.

—Kevin Mottley



SHARING THE ASPHALT

Mastering Motorcycle Safety on the Road

When warm weather and the open road beckon, it's time to revisit the importance of motorcycle safety. Motorcyclists face a distinct set of challenges on the road, and with the ever-increasing number of vehicles sharing our streets, the need for vigilance and responsible riding practices has never been more critical.

Understanding the Risks of Riding

According to the National Highway Traffic Safety Administration (NHTSA), motorcyclists are approximately 24 times more likely than passenger car occupants to perish in a traffic accident per vehicle mile traveled. These sobering statistics underscore the unique vulnerabilities of motorcycle riding and the need for heightened safety measures.

Gearing Up for Safety

Proper protective equipment is the first line of defense for motorcyclists. Investing in a DOT-approved helmet, gloves, boots, and abrasion-resistant clothing can mean the difference between a minor incident and a life-altering injury. Visibility is another crucial factor, with reflective gear and always-on headlights helping to ensure other road users see bikers.

Sharing the Road Safely

While motorcyclists must remain vigilant, drivers also play a vital role in motorcycle safety. Checking blind spots before changing lanes, maintaining a safe following distance, and exercising extra caution at intersections can help prevent catastrophic collisions. A moment of extra diligence could save a life.

Motorcycle safety is a responsibility we all share, whether we ride or drive. By prioritizing safety and respect on our roads, we can help ensure everyone who enjoys the thrill of the ride returns home safely. If you or someone you know has been involved in a motorcycle accident, don't hesitate to reach out to our law firm for assistance in navigating the legal system and securing the compensation you deserve. Together, we can make our streets safer for all.

—Kevin Mottley

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SUDOKU



LIME CHICKEN WITH CORN AND POBLANO SALAD

INGREDIENTS

Inspired by PureWow.com

Chicken

- 3 tbsp olive oil
- 1 cup all-purpose flour
- 1 1/2 tsp garlic powder
- 1/2 tsp cayenne pepper
- 1 1/2 tsp salt
- 3/4 tsp black pepper
- Zest of 1 lime
- 8 chicken thighs

Corn and poblano salad

- 2 tbsp olive oil
- 2 poblano peppers, diced
- 2 garlic cloves, minced
- 1 14-oz can of corn
- 4 scallions, minced
- Juice of 2 limes
- 1/3 cup chopped cilantro
- Salt and pepper

DIRECTIONS

1. Preheat oven to 400 F.
2. In a large oven-proof skillet, heat olive oil over medium heat.
3. In a bowl, whisk flour, spices, and lime zest. Dredge chicken in the mix to coat.
4. Add chicken, skin-side down, to skillet, then place skillet in the oven for 30–35 minutes.
5. In a medium skillet, heat olive oil and add poblanos. Sauté 4–5 minutes. Add garlic and sauté for another minute.
6. In a bowl, add poblano mix, corn, scallions, lime juice, and cilantro, toss and serve with the chicken.