



MY TRIBUTE TO THE CLASS OF 2020

Last November, on Black Friday, I was driving with my daughter Sarah Ann on I-20 in South Carolina between Florence and Columbia. On the radio was the UVA/Virginia Tech football game. We were headed to Columbia for the Clemson/South Carolina game and to meet up with my son Andrew. To my dismay, the only station on Sirius that carried the Tech game was one that had UVA's commentators calling the game. As a Tech grad and rabid fan, that was pure torture! I almost drove off the interstate several times when things weren't going well for the Hokies. And, as we now know, the Hokies lost to the Hoos for the first time in forever. Sarah Ann just sat there smiling.

I was so optimistic and excited about what 2020 had in store. One event that had me most excited was Sarah Ann's upcoming graduation from Douglas Freeman High School, an event that was set for June 9. High school graduations, and all the events that surround them, are a blend of powerful experiences and emotions, especially for parents. We hear words of encouragement and inspiration from speakers. We marvel at what a lot of these youngsters have already accomplished and how talented they are. We recall a time not too long ago when these young adults were just infants, only minutes old. And yet, here they are, about to embark on a fresh path. We also recall our own graduations. We know from our own experience that life does not offer too many fresh starts like this one.

As we now know, graduation events are one of the biggest casualties of the coronavirus pandemic. That, together with the sudden cancellation of everything school related in March, has been a real bummer around our house.



But enough of the negative. I am here to tell you that I am so proud of, and optimistic about, the class of 2020. These seniors have experienced something very disappointing at an important time in their lives. We are, in many respects, a product of our experiences. We are molded and shaped by setbacks and adversity, by disappointments and failures. The growth is not always instantaneous. But it eventually happens in how we respond and what we learn. Bad experiences, although bad at the time, are really "assets" disguised as "liabilities." They produce perspective and wisdom which, as I mentioned in last month's edition, are in short supply these days.

Through my own narrow view of the class of 2020, I can tell you this: I am impressed with how its members have responded. I marvel at how they've plowed the way forward through cancellations, lockdowns, and social distancing. They are keeping their chins up. They are not complaining. They are finding ways to celebrate and have fun in their own unique way and in any way they can. Personally, I think they are cherishing



friendships and relationships more than other classes who have gone before them. And they have a keen awareness that, in life, everything can change in an instant. Nothing can be taken for granted. How many of us had such awareness when we were 18? I know I did not.

For these reasons, I salute and admire the class of 2020. I am so proud of my daughter, Sarah Ann, and wish her and all her friends the best next year at the University of Virginia, where she will be studying architecture. (I haven't quite figured out how we'll be in the same room during the Virginia Tech game, but that's alright. I've got plenty of time to figure out what I'll say when Tech wins.) And for all other members of the class of 2020, I am proud of you and wish you happiness as you set off on your new adventures, whatever they may be.

Kevin Mottley

FEELING RENEWED AT ANY AGE

2 WAYS TO REVIVE YOUR LIFE THIS SUMMER



If the mercurial spring weather has prevented you from getting out as much as you would have liked these past few months, you might be feeling a bit of cabin fever about now. Luckily, you can still introduce positive changes to your life that help you feel healthier and younger. Here are two ways to awaken your body and mind.

ADOPT A NEW ACTIVITY.

As you get older, it's not uncommon to drift further from the lifestyle you had in your 20s and 30s. Things have settled down, and you know a bit more about who you are, what you enjoy, and what you're capable of.

With this better understanding, you can make choices more aligned with your true interests and personality. Think about getting involved with a new activity you may have always wanted to try but never had the chance, like yoga or even a video game. Trying out new things keeps your brain active. You may even discover a new favorite activity along the way!

PAY ATTENTION TO MENTAL HEALTH.

Although more years provide more experience and knowledge, sometimes they also come with heavy baggage. The loss of a loved one, trauma, and other struggles can impact your life in later years. This is why it's good to practice mindfulness.

Take some time to focus on the present. Go for a walk and listen to the world around you, feel the fresh air against your skin, fill your lungs, and take in everything you can see. Meditation is also a good way to spend a few minutes to focus on your body in the moment and the things in life that make you happy. Practices like these can help you feel lighter, both physically and emotionally.

Growing older doesn't mean you can't feel renewed and positive. This isn't just an impossible idea — it's a reality.



MOTTLEY LAW FIRM UPDATE: WE'RE MOVING!

In July 2020, The Mottley Law Firm will be moving from our present location on Bayberry Court to a renovated mid-century office building located at 8001 Franklin Farms Drive, the Koger Building. For those who do not recognize the new address, it is the building that is currently home to Richmond company Swig Life (our new next-door neighbors) and is near the intersection of Forest Avenue and Three Chopt Road. If you are in the neighborhood in July, then please pop in and pay us a visit!

We are excited about our new digs. The move will place us in a light-filled first-floor suite that is twice the size of our current space. It will be much easier for our clients to find and access. Our personal offices will be a bit larger, as will our reception area and our conference room. We have extra space for producing podcasts and video content for the firm's marketing efforts. A new kitchen and break room will be a bonus. And we have office space to accommodate added staff and an intern. As for my personal commute, it is getting cut in half from 10 minutes to five minutes. Let me tell you something. If you ever get your commute down to five minutes, then you will never go back. A short commute makes life so much easier.

Of course, when you move into a larger office, you need to add more furniture and artwork. So, I am back into buying mode. Luckily, I have a passion for collecting mid-century art and furniture, which started 10 years ago when I moved into our current office. (You can read more about that on the Page 3 article on Sally Ramert of Metro Modern in Richmond.)

I hope you and your family are staying safe during these uncertain times, and I hope you have a wonderful beginning to the summer of 2020.

FEATURED LOCAL BUSINESS: METRO MODERN

If you have been to my office in the west end of Richmond, then you have probably noticed it is not decorated like other law firms. You will not find any of the big, heavy, dark-wood pieces of furniture typically found in law offices. Instead, you will find vintage mid-century modern furniture and art, most of which is from the 1960s.

As I was furnishing my office in 2010, I decided to go modern mainly because the furniture is smaller and more streamlined, which allows for more open floor space than traditional office furniture. Besides, at the time, I was a junkie of "Mad Men" and I loved the look.

I shopped around and discovered a little store in Richmond on Cary Street, near the corner of Meadow and Cary, called Metro Modern. (Go to MetroModern.biz to check it out.) There, I met store owners Sally and David Ramert. Sally and David really took an interest in what I was doing in my new space, and they took the time to educate

me about the mid-century look. As a result, I bought most of my furniture from them and, in the process, became a genuine collector of mid-century furniture and art. Not only that, but I also got two great friends as part of the deal.

Sally and David were natives of San Diego by way of Chicago. When they came to Richmond, they brought their Southern California eye for mid-century (think Palm Springs) and, in the process, offered something unique. It did not take me long to realize they were kind of a Renaissance

couple with many wide-ranging interests. David unfortunately passed in 2015. Since then, Sally, a former art history teacher with an eye for decorating, has continued to successfully operate Metro Modern on her own. She is great at finding the rare and unusual.

For example, one of the items she found, which I cannot wait to move into my new office, is a vintage 1960s Florence Knoll executive table desk, pictured here. If you are a "Mad Men" junkie like me, then you will recognize it as Roger Sterling's desk from Season 7, the last of the series.

The next time you are near Meadow and Cary, make sure to drop in and tell Sally hello and that I sent you. You won't be disappointed with your visit!



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PALEO SAUSAGE FRITTATA

Bacon may be a paleo favorite for breakfast, but this hearty sausage meal can be enjoyed any time of day and is the perfect way to mix things up!

INGREDIENTS

- 3 tbsp coconut oil
- 1 lb mild Italian sausage
- 1 medium sweet potato, peeled and grated
- 4 green onions, diced
- 10 eggs, whisked
- Black pepper, to taste

DIRECTIONS

1. In a large ovenproof skillet, heat coconut oil over medium heat.
2. Crumble sausage into the skillet and cook until browned.
3. Add sweet potato and cook until tender.
4. Add green onion and sauté for 2–3 minutes.
5. Spread this mixture evenly throughout the skillet. Pour eggs over mixture and sprinkle black pepper over top.
6. Cook without stirring for 3 minutes or until bubbly.
7. Transfer skillet to oven and cook under broiler on low until frittata is cooked through.



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THE BEST WAYS TO HELP LOCAL NONPROFITS IN CHALLENGING TIMES

HELP LOCAL NONPROFITS IN CHALLENGING TIMES

Over the past several months, families, businesses, and nonprofits have had to navigate life in this challenging "new normal," and it can be hard to support your favorite nonprofits when times are tough. Here are a few ways you can help these important entities, even when you don't have resources to spare right now.

DONATE

While many people donate generously during the holiday season, remember that nonprofits need donations throughout the year, and different nonprofits need different things. A monetary donation can often go a long way, but never feel obligated to give money, especially when your budget may be tight. Instead, consider cleaning out your closet. What

clothes, shoes, or other accessories can you part with? What about dishware or small appliances? When you clean out your home and donate unused items, you benefit those in the community who need them most.

VOLUNTEER

In a time of social distancing, volunteering may be discouraged, but nonprofits still need volunteers to operate. The good news is that many nonprofits need volunteers for positions that maintain social distance, such as driving. Food banks and kitchens need drivers to pick up donations or ingredients from donors and to deliver food to people in need, such as the elderly or those with disabilities.



ADVOCATE

Even if you don't have time or resources to give, you can become an advocate for important causes around your community. While it might not seem like much, sharing information about local nonprofits on social media can make a genuine difference. Nonprofits need exposure, which is greatly boosted through community support. Sharing useful information about nonprofits — or sharing their posts — increases their visibility so more people will take action.