



## A TRIBUTE TO MY DAD

We are getting our newsletter out a little late this month, but we have a good excuse. We are very busy here at The Mottley Law Firm. After going an entire year without any trials and several trials getting postponed, we are suddenly running at a breakneck pace. All of those postponed trials (and all of that work) have been rescheduled and crammed into the second half of 2021 and beyond. As a result, we currently have significant trials scheduled for August (two of them), September, October, December, and January. Getting ready for that many trials in that short of a time frame does not leave a lot of time for writing newsletters.

Even though you may be getting this later than usual, I wanted to make sure I got it out because I wanted to tell you about one of the most, if not *the* most, influential people in my life: my dad, Wayne Mottley. June means a lot of things to a lot of people — warmer weather, more time outside, and more fun. It also means celebrating Father's Day.



I don't just think of Dad on Father's Day. I think about him every day, multiple times a day. Trying to describe Dad in a short newsletter article is impossible. But I'll try. Dad was a teacher, school principal, and an administrator in the Hanover County, Virginia, school system. He was a modest man with a warm smile and personality; he loved

people, and people loved him back. He loved to surf fish at the Outer Banks. He was a woodworker who enjoyed making things for people to show them how much he cared for them. Most of his spare time was spent perfecting a woodworking project of some kind. When cleaning out my attic recently, I found one of those items: a wooden stand he made for me to hang my bat, glove, and baseball on when I started playing baseball as a youngster. Dad loved to fix or build things himself. I've heard my mom say there wasn't anything he wouldn't at least try to build or fix on his own, and most times, he succeeded. That is very true, and I can promise you that his example in that regard played a large role in my decision to start my own law firm 12 years ago.

Dad came from a very modest upbringing. He was raised on a tobacco farm in Southside, Virginia. They had very little growing up. But he knew how to work hard, get an education, find a career, and make a

great life for his family. And that is what he did. We were very blessed as a family growing up, and we were blessed to have him as our dad.

For all his attributes, I think Dad's biggest one was simply this: He was always there. For every sporting event, school play, good grade, bad grade, or mundane life event, Dad was there. And he was so proud of his family.



That is why it was so tough losing him in 1997 at the age of 53 to lung cancer. With age, I have come to realize how young that was and how much he missed. I cannot tell you how many times I've thought over the last 23 years, "Dad would have loved to see this!" But on the flip side, Dad is still there for me in so many ways through the examples he set. When someone dies too young, it is natural and

understandable to feel it "isn't fair." But living a few more years than the next person is not the big game in life. The big game in life is what kind of person you were when you were here and what kind of mark you left on those you touched. I can only hope and try to reach the levels of success Dad had in those departments.

*Kevin Mottley*



## THE SUPER BENEFITS OF YOGA



June 21 is International Yoga Day, which makes it a great time of year to talk about the unique benefits of yoga — the “superfood” of fitness. As a mixture of exercise and mindfulness, yoga is not only challenging but also has myriad health benefits.

Many people assume yoga is mainly useful for increasing your flexibility. However, it's also excellent for further developing your strength, mobility, and balance. These can be key benefits for living a healthier lifestyle, whether you're an athlete or concerned about aging.

Kaitlyn Hochart, a yoga instructor from San Diego, California, writes on Healthline, “During yoga, your body goes through a full range and variety of motion that can counteract aches and pains associated with tension or poor postural habits.” Yoga can help you become more aware of these habits, “[allowing] you to fix these imbalances and improve overall athleticism.”

Many forms of exercise are useful against depression and cardiovascular disease, but in yoga's case, you don't have to break a sweat to start benefiting from its stress-relieving properties. “The breathing exercises you practice during yoga can help lower your heart rate and shift your nervous system into a more relaxed state. It also promotes better sleep and increased focus,” Hochart writes.

Multiple studies agree: Yoga can significantly decrease the secretion of cortisol, the primary stress hormone. In one study, 64 women with post-traumatic stress disorder (PTSD) participated in a 10-week program, performing yoga at least once a week. By the end of the 10 weeks, 52% of participants no longer met the criteria for PTSD at all.

As with starting any new hobby or regular exercise, it may help to set clear goals for yourself. By doing yoga regularly, there are several physical improvements you can look forward to, such as:

- Improved range of motion or ease of movement
- A reduction in pain, discomfort, or other symptoms
- An increase in physical strength and endurance
- Less weight fluctuation
- Changes in the way your clothes fit
- Better-quality sleeping habits and increased or stabilized energy levels

One of the best qualities of yoga is that you can be of any age or fitness level. So, pull up a YouTube video, find a soft surface, and give it a try!

# CAUTION: GRILLING IN PROGRESS

## 5 Tips to Avoid Horrific Home Grilling Accidents



This January in Glendale, Arizona, a father and his 12-year-old son were in the mood for some barbecue. They went outside to light the grill, but the dad made a big mistake: He used gasoline. Moments later, the grill exploded into flames that covered his son! The boy ended up in the hospital with burns on 95% of his body.

When I read this horror story, I knew I should squeeze some grilling safety tips into one of my summer newsletters. As I mentioned last month, I love to grill up burgers at home on my Green Egg, but I always take precautions. The last thing I want is to hurt one of my kids! Here are five things *you* can do to keep your family safe while you sizzle burgers and hot dogs this month.

1. **Dress in your grilling best!** If you're manning the grill, avoid loose clothing that could catch fire and make sure to watch your shirt tails, sleeves, and apron strings. To be extra safe, wear something fitted and accessorize with flame-retardant mitts or gloves.
2. **Double-check that your grill is stable and clean.** If your grill is on uneven ground, it could tip over and start a fire. Similarly, food and grease buildup can be flammable (and gross!).
3. **Scope out your propane tank for leaks.** If you use a propane grill, get up close and personal with your tank before you light it. If you smell rotten eggs or hear a hissing sound, you could have a dangerous leak.
4. **Avoid using gasoline to light your grill.** As that Arizona family found out, liquid gasoline is dangerous and volatile. If you can, opt for another method. Use a grill with an ignition button or choose lighter fluid over gasoline. Also, always light your grill *while the lid is open*.
5. **Don't light all of your gas burners at once.** Instead, light them one at a time to avoid gas buildup that could become a fireball. Just in case, keep your kids away from the grill while you light it.

Good luck, and happy grilling!

# IS SOCIAL MEDIA RUINING YOUR LEGAL CASE?

This month, I found out about two new holidays: National Selfie Day (June 21) and World Social Media Day (June 30). My first thought was, "Do we really need two more excuses to post on social media?" Then, I thought, "My job just got harder."

I'm not against social media. In fact, I run nine accounts for myself and the firm. I have two each on Facebook, Instagram, and Twitter, plus a firm YouTube channel (YouTube.com/MottleyLawFirm). Although I'm not a fan of selfies (I like the traditional method of having someone else do the pointing and clicking), my main gripe with social media is that it can negatively impact my cases and make my clients' lives harder.

Here's the crux of it: Social media is not an accurate portal into a person's life. There's a reason I call Facebook "Bragbook"! We use these platforms to show off our highlight reel, not our reality, and this can be problematic if you're in the middle of a car crash case. Here are two reasons I ask my clients to stop posting on social media immediately after an accident.

1. Your posts can be used against you in court. If you post on social media after your accident, those posts can and will show up during the discovery process. Then, they may be used against you. For example, if you post only on days when you're feeling



good (showing yourself smiling, doing physical activities, etc.), opposing counsel might use those posts as evidence to claim that you're not really injured or in pain or to paint an inaccurate picture for the jury. This could cost you thousands in potential compensation.

2. Every time you post, you create more work for your legal team — and spend more money. When I have a client who is active on social media, it's part of my job to comb through every post. This helps me respond to document requests, identify red flags, and prepare for social media-based attacks. It's also incredibly time-consuming and increases the billable hours spent on your case.

In my dream world, none of my clients use social media! If you're in an accident, do yourself a favor and at least quit Instagram, Facebook, etc. until your case is resolved.

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### SOLUTION

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



## EASY TUNA POKE BOWL

*This protein-packed recipe is the perfect dinner for two on a hot summer night when you don't want to turn on the oven.*

### INGREDIENTS

- 2 tsp soy sauce
- 1 tsp sesame oil
- 2 tbsp orange juice
- 1-inch piece fresh ginger, peeled and minced
- 10 oz canned tuna, drained
- 2 tbsp cilantro leaves, chopped
- 1 scallion, finely chopped
- 1 cup rice, cooked and cooled
- 1/4 cup avocado, cubed
- 4 cherry tomatoes, quartered
- 1 tbsp sesame seeds

### DIRECTIONS

1. First, make the dressing. In a jar, add soy sauce, sesame oil, orange juice, and ginger. Secure the lid and shake until emulsified.
2. In a small bowl, empty the drained tuna and pour the dressing over top. Add the cilantro and scallions and stir until well coated.
3. Divide rice between two serving bowls. Top with the dressed tuna, avocado, tomatoes, and sesame seeds.

*Inspired by TheKitchn.com*





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## INSIDE THIS ISSUE

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**1** A Tribute to My Dad

**2** The Super Benefits of Yoga  
5 Tips to Avoid Horrific Home  
Grilling Accidents

**3** Is Social Media Ruining Your Legal Case?  
Easy Tuna Poke Bowl

**4** DIY or Buy: Summer Lawn Games

## DIY OR BUY?

The warm summer sun may be enough to beckon your family outdoors, but lawn games will guarantee hours of fun outside. If you're handy, there are plenty of great lawn games you can make yourself. If not, buy an off-the-shelf alternative and enjoy the easy setup.

**GIANT JENGA: EASY DIY** All you need to build a giant Jenga tower are two-by-fours that are cut to length. If you're handy with a saw, you can do this at home. If not, ask to have the wood cut at your local lumberyard. Be sure to sand down the edges before stacking the boards to create a classic Jenga tower! For extra fun, pick a few paint colors and paint each board. Visit [ABeautifulMess.com/make-this-giant-jenga](http://ABeautifulMess.com/make-this-giant-jenga) to see a complete set of instructions.

**Buy:** Skip the project and buy GoSports Giant Wooden Toppling Tower online, which retails for about \$70 and stacks over 5 feet high.

**CLASSIC HORSESHOES: INTERMEDIATE DIY** Tossing horseshoes is a great way to pass an afternoon. To play, you'll just need to set up two sand pits in your yard. Get a handful of horseshoes, and you're ready to go! Many DIY plans are available online, including one from [HousefulOfHandmade.com/ultimate-diy-horseshoe-pit](http://HousefulOfHandmade.com/ultimate-diy-horseshoe-pit).

**Buy:** Check out the kid-friendly rubber horseshoe set from [Wayfair.com](http://Wayfair.com), which requires no installation, can be used indoors or alongside your outdoor game, and is safe for younger children.

**CORNHOLE: ADVANCED DIY** The humble beanbag may be the most versatile backyard game piece. It's used in the popular game commonly known as cornhole. To build your own cornhole set, you'll need a couple of sheets of 1/2-inch-thick plywood along with two-by-fours, some hardware, and a variety of tools

including a drill, jigsaw, and sander. Visit [DIYPete.com/cornhole-board-plans](http://DIYPete.com/cornhole-board-plans) to get both written and video instructions.

**Buy:** Ready to play ASAP? Cornhole sets are available from many large retailers around summertime, or you can order a customized set featuring your favorite team, family name, or characters from your favorite movies by looking at [Etsy.com](http://Etsy.com).

Whether you buy or DIY, remember to have fun and always supervise your children while playing outdoors, especially when it comes to yard games!

