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NOTHING TO SEE HERE

A HISTORY OF THE MYSTERY SPOT

The most famous mystery spot is in Santa Cruz, California, but it has cousins in Oregon, West Virginia, and Michigan. Each one is inexplicable — drawing thousands of people every year to come and spend their tourist dollars. And for many, the whole thing is just one big hoax, designed to take in suckers and generate cash.

Although Santa Cruz has the most visitors, it was “inspired” by the Oregon Vortex, which was a spot that had odd occurrences “documented” back to the early frontier days. From a mining office sliding off its foundation to the high presence of optical illusions, the Vortex was the home to some odd events. Naturally, the thing to do was build a structure there and start taking people's money!

It's not a coincidence that these locations began to pop up at the same time as the average American got access to automobiles — “roadside attractions” of all kinds have been the rage since people began to tour America by car, and it's pretty clear that, real or not, these mystery spots fall into that category. That's why many of them have updated over the years to suit changing tastes — such as the Michigan St. Ignace Mystery Spot's addition of zip lines and other attractions.



And unlike many other roadside attractions, mystery spots continue to draw attention. Something in the American psyche loves the idea of the paranormal; Google “Europe mystery spots” and you're likely to discover lists of unique vacation destinations. Perhaps they recapture the “paradise is just over the hill” mystery that in part drove colonization of the American West.

Or perhaps it's all a bunch of hooey. The best way to decide, of course, is to visit one of these mystery spots for yourself!

'IT'S MOTTLEY — KEVIN MOTTLEY'

WHY I'VE ALWAYS WANTED TO BE JAMES BOND

When I was in the fifth grade, my teacher, Mrs. Stewart, took our entire class to see the James Bond Film “Octopussy” playing in theaters back then. She probably wouldn't get away with a field trip like that today! I'm glad I was in school in 1983, though, because thanks to Mrs. Stewart, I got to see James Bond on the big screen. I immediately fell in love with the franchise like only an 11-year-old boy could.

The gadgets and the adventure first caught my attention. No one could do things like James Bond! He was suave, he was a spy, and he got to travel the world. I thought that was the coolest thing ever as a kid — and I decided then and there that I would be Bond when I grew up.

From fifth grade on, I watched old James Bond movies every summer. For some reason, when my family would vacation on the Outer Banks of North Carolina each summer, it seemed like it coincided with a James Bond marathon on TBS (that, and “Shark Week” always happened while we were at the beach). When it was too cloudy to swim, I would camp out on the couch all day watching James Bond flicks from the '60s and '70s.

My favorite was “From Russia With Love,” the second-ever Bond movie. It came out in 1963 and was a huge blockbuster at the time. The movie cost \$2 million to film and grossed more than \$78 million! The filming locations in Turkey and Scotland are gorgeous, the plot is simple, and it has all the best gadgets. To level it up even more it stars my favorite James Bond of all time: Sean Connery.

To be honest, I still haven't outgrown James Bond today. I'm just as excited to see “No Time to Die” when it comes out in theaters this month as I was to catch “The World is Not Enough” in 1999. Actually, I'm more excited because “No Time to Die” features my second-favorite Bond, the terrific Daniel Craig. Craig is a few years older than I am, so seeing him kick butt on screen makes me feel like there is still hope!

These days I appreciate James Bond for all of the old reasons and a few new ones, too. If you've been to my office, then you might have noticed that I'm a collector of mid-century modern furniture and artwork. In a fun coincidence, the Bonds I love from the '60s



like “From Russia With Love” and “Dr. No” are full of mid-century modern eye candy! Not only am I envious of Sean Connery when I watch “From Russia With Love” today, but I'm also jealous of the supervillain's Bodil Kjaer rosewood executive desk made by Pedersen & Son.

It's a famous desk that's basically the holy grail for mid-century modern furniture collectors. As I write this, there's one for sale in Dallas, Texas, for \$22,000 and another in the Netherlands for \$49,000! I can only dream of sitting behind a Pedersen & Son, stroking a cat like the evil Ernst Stavro Blofeld.

Are you going to see “No Time to Die” this month? If you are, let me know what you think of it next time we cross paths. I'm always happy to compare notes about Bond.

—Kevin Mottley

DON'T FALL THIS FALL!



September marks the start of *fall*, but it also serves as an important reminder about *falling*.

Falling is one of the greatest dangers seniors face. As adults age, take more medication, and lose some mobility, it becomes increasingly difficult to stay upright or

regain balance — even when tripping over the smallest object. The Centers for Disease Control and Prevention (CDC) estimates that 1 out of 5 falls cause serious injuries, including traumatic brain injuries. Falling can also increase a senior's chance of falling again.

But for as common as it may be, falling doesn't have to be your norm. You can lower your risk of falling and injury with a few simple steps.

MOVE MORE

Your body was designed to move! When you don't move your body enough, which can happen when you age, your muscles and joints can become weak and stiff. The best way to strengthen your reactions and improve your balance is to move your body. A physical therapist can help you develop a routine that targets your balance while strengthening your muscles and joints.

IMPROVE YOUR HOME

Your home just might be your biggest threat when it comes to falls, so improve it with a few changes! Install grab bars and railings on steps and in the bathtub for extra support. Grips on the bottom of the bathtub and on slippery surfaces can give you a secure footing, while lighting along the hallway and in stairwells can better illuminate walkways. Even something as simple as moving a table or decor item out of the hallway can be beneficial!

REVIEW YOUR MEDICINES

Sometimes medication can influence balance and movement. Talk with your doctor about the side effects of your medication and adjust accordingly. You may need to consider alternatives, but if that's not possible, physical therapy can provide assistance. It's designed to help you improve your balance and get stronger — which can lower your risk of falling.

You can learn more about fall prevention and risks online at [CDC.gov](https://www.cdc.gov).

I COULDN'T DO IT WITHOUT YOU

HAPPY LABOR DAY TO THE MOTTLEY TEAM!

Labor Day is coming up soon as I write this, so it's only right that I shout out my amazing team, especially the two newest members: legal administrative assistant Juliet Markowitz and paralegal Danielle Angell.

Both Juliet and Danielle are coming up on their one-year anniversaries with our firm, and they've been real assets to the team. A few weeks ago, I took them out to lunch after we settled a large products liability case. I told them how thankful I was for their service and said, "I don't know how I did things before you two came along!"

True to form, they looked at each other and said, "Kevin, we don't know how you did it either!"

Danielle manages the majority of our cases and takes care of sourcing medical records, scheduling court appointments, and coordinating with opposing counsel. Meanwhile, Juliet handles our intake process and is the true face of the firm. She's the one who answers the phone when you call our firm and gets all of our cases started.

Both of them do a fantastic job, and so does my associate Ben Kyber. Ben handles our estate litigation cases, and he's also introducing appellate law to the firm, which I'm really excited about. I'm thankful for the work he, Danielle, and Juliet do every day! Honestly, if you're a business owner reading this, I can only hope that you have a team as successful, hardworking, and dedicated as I do.

To all of the workers out there, happy Labor Day!

—Kevin Mottley



ARE WE FORGETTING ABOUT THE FIRST AMENDMENT?

MY CHALLENGE TO YOU ON CONSTITUTION DAY



You may not have known this, but Constitution Day falls on Friday, Sept. 17. Constitution Day celebrates the day the Founding Fathers signed the document way back in 1787. As a lawyer, I think about the Constitution a lot, but over the last few years, I've heard the amendments come up in conversations outside my work, too.

In particular, the First, Second, and 25th amendments have made their way into the limelight. Sometimes, though, I think the people who bring them up don't really understand them — especially the First Amendment, which is my personal favorite. Just in case you don't have a pocket Constitution, here's a refresher on what the amendment says:

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

The section that has always stood out the most to me is, "Congress shall make no law ... abridging the freedom of speech, or of the press." Free speech is a fundamental part of who we are as a country. Thanks to our Constitution, we can express ourselves freely and take our concerns to the newspaper or the government without fear.

What worries me is that some people seem to have forgotten we have those fundamental rights, or that they apply even when we don't like what we're hearing. Our political discourse is so divisive. At various times over the last year, I've heard commentators, news outlets, politicians, and influencers not only disagree with what others say but endorse silencing their perspectives to prevent them from being heard at all. Silencing speech runs counter to who we are as a country and, depending upon who is doing it and why, may violate the First Amendment, which doesn't pick and choose which thoughts it protects.

I think each generation needs to rediscover the true meaning of the First Amendment and how important it is to preserve. That's a huge challenge, but I invite you to grapple with it this Constitution Day! On Sept. 17, take a few minutes to sit down with this newsletter, read over the text of the First Amendment and reflect on the benefits of free expression. You may even want to do some research. Knowledge is power, and it's the first step toward preserving our rights.

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3	5	6	1	2	7	9	8	4
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EASY PEACH COBBLER

INGREDIENTS

- 1/2 cup unsalted butter
- 1 cup flour
- 2 cups sugar, divided
- 1 tbsp baking powder
- Dash of salt
- 1 cup milk
- 4 cups peaches (fresh is best!)
- 1 tbsp lemon juice
- Ground cinnamon or nutmeg to taste

DIRECTIONS

1. Preheat oven to 375 F. In a 9-by-13-inch baking dish, add butter and place in oven. Remove when melted.
2. In a large bowl, combine flour, 1 cup of sugar, baking powder, and salt. Then pour in milk and stir until the mixture is smooth.
3. Pour the batter over the melted butter, but don't stir!
4. In a pot, bring peaches, lemon juice, and remaining sugar to a boil. Stir constantly.
5. Pour peaches over batter, but once again, don't stir!
6. Sprinkle with cinnamon and nutmeg, then bake at 375 F for 45 minutes.

Inspired by MyRecipes.com