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The Mottley Law Firm

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YOUR 4-WEEK SPRING-CLEANING CALENDAR

Spring-cleaning can be overwhelming. From the kitchen counter to the ceiling fan, there's a lot of ground to cover. But there's a trick to make it easier: Breaking down the work into quick, doable tasks spread over four weeks.

First Week: The Living Room

The start of every journey begins with a single step, and that step is acquiring and prepping supplies. Wash out buckets, empty vacuum bags, throw microfiber cloths in the wash, clean mops, and shake out brooms.

Next, it's time to clean the light fixtures. Use a microfiber cloth to wipe away dust and debris. Then dunk the cloth in soapy water, wring it out, and scrub the light fixture covering the bulb until it shines — just make sure you turn the lights off first. Once you've finished the lights, head to the bookshelves. Dust the tops and wipe down the sides. Make sure to wipe down any pictures or framed art on the wall. Lastly, move the furniture and vacuum underneath.

Second Week: The Kitchen

Clean the dishwasher filter first. Devote the next two days to getting the stove to sparkle, including ridding the vent of grease. Wipe down the countertops and the cabinets. Clean out the microwave and wipe down any other countertop appliances. Congratulations, week two is over!

Third Week: The Bathroom

You'll want to begin by removing the grime from the showerhead and sanitizing the curtain. The curtain can be scrubbed and air-dried in the sun.

For the toilets, get under the rim with a toilet brush and give the much-ignored back some love, too. Now that the toilet's shining, it is the perfect opportunity to get the floor. Take a little extra time to get the baseboards.

Fourth Week: The Bedroom

Clean the bedrooms from top to bottom. Now is a good time to wash your pillows and air-dry them. Bedroom ceiling fans can build up a lot of gunk over the winter. An easy way to clean them is by pulling a pillowcase around the blades and pulling them back. Next, polish any wood furniture. Thoroughly clean the windows with glass cleaner or a homemade mixture of vinegar and water, and remember to clean the window tracks. Lastly, test the batteries in your smoke and carbon monoxide detectors.



FLYING HIGH

The Captivating Story of Flaco, the Owl

As you may know, despite my family's deep roots in Virginia, we have always felt a strong connection to New York City. My passion for the Yankees, inherited from my father, ignited this love. As I grew older, I was drawn to the city's vibrant and diverse energy every time I visited. My family and I make a point to visit as often as possible, catching Yankees games, enjoying shows, and simply immersing ourselves in the atmosphere.

Last summer brought an exciting development as my daughter, Sarah Ann, pursued her dream of becoming an architect and secured a job with a prestigious firm in New York City. As it turns out, she will return there this summer, and I eagerly anticipate spending more quality time with her in the city we both adore.

On another note, if there's one thing you should know about me, it's my love for compelling stories, particularly those centered around resilience and triumph over adversity. During a conversation with a client recently visiting New York City, I stumbled upon an incredible tale of resilience, freedom, and defying the odds. Let me introduce you to Flaco, a rare East Eurasian owl who called Central Park his home. Prepare to be captivated by this remarkable story.

In February 2023, Flaco, a male Eurasian eagle owl, made a daring escape from his enclosure

at Central Park Zoo in New York City when someone maliciously cut the protective netting. Following his escape, Flaco found a new home in and around Central Park.

The Wildlife Conservation Society (WCS), responsible for managing the Central Park Zoo, initiated a team dedicated to recovering Flaco after he escaped to New York City's Central Park. Their methods included setting traps, employing nets, and utilizing audio recordings of female Eurasian eagle owl calls to lure him back. However, these efforts sparked criticism from Flaco's supporters, leading to a [Change.org](#) petition titled "Free Flaco, the Central Park Zoo Owl," which garnered over 1,600 signatures.

On Feb. 23, 2024, Flaco was tragically discovered deceased on the Upper West Side, with indications suggesting he collided with a building. Zoologists' examinations revealed traumatic impact injuries, though further testing is underway to find out if underlying illness may have been a contributing factor. Dozens of saddened admirers of Flaco assembled in New York City to bid farewell to the cherished celebrity bird. Flaco had captivated hearts as he gracefully soared across Manhattan, serving as a source of inspiration and delight to countless individuals. In the late afternoon, a memorial convened in Central Park at the revered oak tree, which organizers believed to be Flaco's cherished spot. The event featured heartfelt speeches, soulful songs, and



poems honoring the memory of the beloved Eurasian eagle owl.

Animals are significant to my heart and identity, shaping a core aspect of who I am. This particular story has truly captivated me, especially given my daughter's residence in New York.

I am very sad we lost Flaco, but I will forever hold onto his legacy and the opportunity to witness his freedom.

-Kevin Mottley



4 MEANINGFUL PURSUITS TO EXPLORE AFTER RETIREMENT

on your bucket list. If you ever wanted to experience the breathtaking size of the Grand Canyon or dreamt of dining at French cafes by the Seine River in Paris, then retirement is the perfect opportunity to go on those adventures.

No. 2 Never Stop Learning

Be a lifelong learner. If you've always wanted to explore your interests through education but couldn't fit it into your schedule, now you can. There are courses available online and in person. Many classes specialize in educating seniors, while others offer highly discounted rates. Some colleges allow seniors to audit their courses at little to no cost with a tuition waiver. Lifelong learning also helps reduce the risk of Alzheimer's and dementia. So, if you worry about these diseases, continuous learning is one of the best defenses you can have.

No. 3 Help and Advocate

Many retirees find purpose through volunteering. Many organizations need a hand,

like food banks, soup kitchens, and animal shelters. Giving them some of your time allows you to support your community, further a cause, and even save lives. Volunteer work also connects you with like-minded people, ensuring you make friends with people who share your values.

No. 4 Retire a Little Less

Some retirees miss the purpose that work gives (as well as the income). Many jobs also keep you on your feet and active. If you count yourself among them, consider picking up a part-time job. Roles like delivery driver, substitute teacher, and dog walker allow you to line your pockets while meeting people.

Retirement is not just the end of work — it's the start of leisure. You can do and experience many things, from seeing the Mona Lisa to volunteering at an animal shelter. It's time to take advantage of retirement and seize every opportunity.

Retirement is the end goal after decades spent working and saving. Once reached, a common question retirees ask is, "Now what?" There's a massive gap in your schedule now, and there are countless things you can fill the time with. So, here are four big ideas you can use to take advantage of your newfound freedom.

No. 1 See the World

The world is a vast and beautiful place, and now that you don't have obligations tying you down, you can finally get out there and see everything

FROM STRESS TO SERENITY

KEEP YOUR PEACE

As a busy trial attorney, stress is an undeniable aspect of my daily environment. It includes not only my own stress but that of colleagues, clients, and witnesses. Managing this feeling requires awareness and conscious effort; being mindful of stress allows me to tackle it more effectively. April is also Stress Awareness Month, which has prompted me to be aware of my daily aggravation levels.

For me, staying active is paramount to keeping stress at bay. I prioritize regular exercise, hitting the weights four times a week and enjoying 45-minute to hourlong walks or runs, particularly in the morning. Ensuring I get sufficient sleep is equally vital. I aim for at least eight hours each night to maintain alertness and productivity throughout my day. Sleep deprivation can trigger a domino effect, hindering exercise and stress management.

Balancing work with downtime is also essential. I strive for a healthy work-life balance, but I understand that constant engagement is not always sustainable. Having quality time with family, attending college football games, and indulging in my passion for cooking provide a much-needed break from work-related pressures. I find peace in a chaotic world by playing music and continuously perfecting my skills.



To keep stress at a minimum, organizing my schedule is crucial for staying on top of tasks. I designate specific days for particular activities, like dedicating Wednesdays solely to marketing efforts. Utilizing tools such as calendar blocking and following principles outlined in my favorite productivity book, "Getting Things Done" by David Allen, helps me maintain my focus and efficiency.

During Stress Awareness Month, we must stay resilient, calm, and compassionate daily. By doing so, we can work toward building a healthier life. Prioritizing self-care, maintaining a balanced lifestyle, and implementing effective time management strategies will help us navigate our life's demands effectively.

—Kevin Mottley



HEALTH EQUALS WEALTH

Long Live Prosperity

We've all had times when we struggled with poor habits or boredom; to get past those, we needed to find ways to motivate ourselves and prioritize well-being. World Health Day, observed annually on April 7, is a global event that brings attention to pressing health issues and encourages collective action to promote well-being worldwide. As we commemorate World Health Day, we reaffirm our commitment to building more nutritious, resilient societies and strive toward a world where everyone can lead a fulfilling and healthy life.

To honor this day, consider setting a simple goal for yourself. For instance, if you are usually inactive, you could aim to walk for at least 10 minutes each day. Doing something small is better than nothing. Despite its simplicity, this step has the power to positively impact various aspects of our health. Whether it's a brisk stroll around the neighborhood or a leisurely walk in the park, dedicating just 10 minutes to walking daily can improve your health in many ways, making you feel more energized, healthier, and happier.

It's also essential to maintain a healthy diet by recording your weekly food intake. This act of monitoring what you eat is pivotal to achieving and maintaining a balanced and healthy lifestyle. By keeping track of what you eat throughout the week, you gain valuable insights into your dietary habits and can make informed decisions about your nutrition. Whether you aim to lose weight, improve your energy levels, or simply adopt healthier eating habits, tracking your food intake allows you to identify patterns, pinpoint areas for improvement, and stay accountable to your health goals, giving you a sense of control over your well-being.

As we reflect on this day's significance, let us acknowledge the progress made in addressing health challenges and the remaining work still to be done. By promoting health equity, raising awareness about prevalent health issues, and advocating for access to quality health care for all, we can create a world where everyone has the opportunity to thrive. World Health Day catalyzes action, inspiring individuals, communities, and governments to pursue a healthier, more sustainable future.

—Kevin Mottley

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

SOLUTION

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

SUDOKU



GRILLED STEAK WITH CHIMICHURRI SAUCE

INGREDIENTS

- 2 lbs steak (flank, sirloin, or skirt steak)
- 2 tbsp olive oil
- Salt and pepper, to taste

For the chimichurri sauce:

- 1 cup fresh parsley, chopped
- 2 cloves garlic, minced
- Juice of 1 lemon
- 2 tbsp olive oil
- 1 tsp red pepper flakes
- Salt and pepper, to taste

DIRECTIONS

1. Preheat grill to medium-high heat.
2. Rub the steak with the olive oil, salt, and pepper.
3. Grill the steak for 4–5 minutes per side or until it reaches desired doneness.
4. Meanwhile, make the chimichurri sauce: In a small bowl, mix together the parsley, garlic, lemon juice, olive oil, red pepper flakes, and salt and pepper.
5. Let the steak rest for 5 minutes before slicing.
6. Serve the steak with the chimichurri sauce and enjoy!