



INSIDE THIS ISSUE

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The Mottley Law Firm

- 1 Kevin Predicts the 2022 Football Season
- 2 4 Senior-Friendly Technologies
How to Protect the Hids You Love From Concussions
- 3 This Movie Revealed the Dark Side of the NFL
Creamy Avocado Gazpacho
- 4 Siri, What's the Prettiest U.S. Restaurant?

3 MOST BEAUTIFUL RESTAURANTS IN AMERICA

WHERE THE VIEW IS PART OF THE MENU ...



— prompt nostalgia and delight. Accompanied with a classic burger and ice cream diner menu, this East Coast gem is a destination you won't want to miss.

Cecconi's Dumbo — New York City

There are plenty of gorgeous restaurants in the Big Apple, but you'll always hear Cecconi's Dumbo mentioned among the best. Located in Brooklyn Bridge Park, your table might have dramatic views of the bridge or a waterfront view of the Manhattan skyline. It's the best possible pairing with their classic Italian menu, complete with handmade pasta and high-end ingredients from Italy.

The French Laundry — Yountville, California

If there's a contest for the best food and views offered by a restaurant in America, this three-star Michelin restaurant just might place first. Run by Thomas Keller, its rustic, cottage-like setting in Napa Valley always turns heads with its surprisingly sophisticated design (as well as its exclusive tasting menus!). The restaurant's gardens are beautifully lit and dotted with Japanese maple trees — a sight that will blow you away.

Most people can have a good meal at home, so, if you have the time and money, why not pay a little extra for a nice view? Go ahead and indulge. We won't judge — we'll even be a little jealous!

When you go to a nice restaurant, you're not just paying for food — you're also paying for an experience. Decor might be the last thing on a guest's mind, but, with the right design, some restaurants are absolutely breathtaking. Here's a few of our favorites.

Pink Cadillac Diner — Natural Bridge, Virginia

Taking a step into this restaurant feels like stepping straight into the 1950s ... in all the best ways possible. The diner's bold, beautiful shades of bubblegum pink — including a vintage pink Cadillac parked in front

MY 2022 COLLEGE FOOTBALL PREDICTIONS WHO WILL COME OUT ON TOP?

Last month I wrote about watching *fútbol* in Spain, and now it's time for the other sport I love: American college football! The 2022 football season is just getting started, and I'm busy scheduling the games I'd like to attend. So far, I have four on the calendar. Here's a sneak peek at where I'll be, who I'll be rooting for, and which team I think will leave the field victorious!

West Virginia vs. Virginia Tech

Date & Time: Thursday, Sept. 22, 7:30 p.m.

Place: Lane Stadium in Blacksburg, VA

At Stake: The Virginia Tech Hokies and West Virginia Mountaineers have been bitter rivals for years, perhaps because both teams have kind of a "blue collar" vibe to them and both hail from mountainous regions. They're like the Hatfields and McCoys! At this game, the schools compete for the Black Diamond trophy — a literal lump of coal that has traveled back and forth between the foes since 1997. The Hokies and Mountaineers aren't in the same conference anymore, so they don't play often. I try to make it to all of those rare games. There's no love lost between the schools, and it's always a good fight! ESPN slightly favors West Virginia to win (giving them 56.3% odds) but I've rooted for my alma mater, the Hokies, for 30 years, and I'm not switching sides now!

My Prediction: Despite ESPN's guess, Virginia Tech is my predicted winner!

Virginia vs. Louisville

Date & Time: Saturday, Oct. 8, time TBD

Place: Scott Stadium in Charlottesville, VA

At Stake: Last October, the University of Virginia Cavaliers rallied in the final seconds of their game against the Louisville Cardinals and beat them 34 to 33. This year, the Cardinals will be out for revenge. ESPN is favoring them with 56.2% odds, and I'll be in the stands with my daughter to see if they're right. Unfortunately, it will have to be a tame game night because we're signed up to run the Charlottesville Fall Classic Half Marathon the following morning at 7:30 a.m.! Sarah Ann goes to UVA so I will be rooting for them ... in a very subdued fashion.

My Prediction: I'll pick UVA to beat Louisville again just because I'm nice. But I wouldn't bet any money on it. In fact, I would suggest that you NEVER bet money on UVA to win anything.



Tennessee vs. South Carolina

Date & Time: Saturday, Nov. 19, time TBD

Place: Williams-Brice Stadium in Columbia, SC

At Stake: The South Carolina Gamecocks have tried and failed to beat the University of Tennessee Volunteers for the last two years. I'm looking forward to watching their rematch in "The Cock Pit" when we take a family gallivant to South Carolina for my younger daughter, Catherine. She's interested in following in her brother's footsteps and attending school there. This game may be the highlight of our trip!

My Prediction: I think this is the year South Carolina will come out on top. Coach Shane Beamer has the Cocks on the right track!

Virginia vs. Virginia Tech

Date & Time: Saturday, Nov. 26, time TBD

Place: Lane Stadium in Blacksburg, VA

At Stake: This annual game between archivals is one of my favorites! The two teams face off for the Commonwealth Cup, and last year, Virginia Tech beat UVA in UVA's own stadium, much to my daughter Sarah Ann's disappointment. I'll be rooting for another Virginia Tech victory, but it will be interesting to see how the game goes because both teams have new football coaches. In a way, they're both starting from scratch for this battle.

My Prediction: I predict another Tech victory, of course!

I love college football, but it's impossible to watch without thinking about my work representing clients with brain injuries. Concussions are all too common, and just a few months ago, Katherine witnessed a young man undergo a terrible spinal cord injury on the field at her high school. Open this newsletter to learn more about preventing brain injuries in the athletes you love.

—Kevin Mottley

SENIORS CAN BE TECH-SAVVY, TOO! 4 SENIOR-FRIENDLY ELECTRONIC DEVICES

In today's world, technology has taken over, making many day-to-day activities easy and more manageable. Even for earlier generations, technology is easily available in many forms to assist with health and wellness, communication, and entertainment. Here are a few of the best innovative products for seniors.

Automatic Medication Management

Move over, pill box, there's a better way to manage and keep track of your daily medications! With the Hero smart pill dispenser, gone are the days spent stressing over your medications. All you need to do is set a medication schedule in an app on your phone, load up to a 90-day supply of medications into the Hero dispenser, and press a button to release the medication when it's time to take it!

A Tablet for Seniors

Toddlers have their own smart tablets that are easy to navigate, damage-resistant, and chock-full of educational and interactive games. Well, a tablet exists for seniors, too! The GrandPad is loaded with senior-friendly ways to connect with others, store photos, play games, listen to music, and more. It's an easy way to pass the time and stay in the loop!

Electronic Tracker

Misplacing things is the name of the game for many people as they age. But have no fear because with Tile Sticker, you can place small stickers on

the backs of items that frequently go missing such as TV remotes, keys, wallets, or even the dog's leash. Whenever these items are lost, simply open the Tile Sticker app on your phone, and their location is revealed.

Interactive Doorbell

Sometimes, when visitors come to visit or a package is being delivered, it can be difficult or inconvenient to get up to answer the door right away. However, the Nest Doorbell system allows you to see and speak to anyone at the front door with the touch of a button. Now, you can tell the delivery man to leave it at the front door without leaving the couch!

Technology has opened up so many doors to make our lives easier as we age, so don't wait any longer to get connected!



5 WAYS TO PROTECT YOUR KIDS AND GRANDKIDS FROM CONCUSSIONS

JUST IN TIME FOR FALL SPORTS

Concussions and other brain injuries are a major problem for Virginia kids who play sports — and even the legislature knows it! In 2011, they signed the Youth Safety Sports Act into law. The Act does two big things:

1. It offers guidelines designed to inform athletes, coaches, and parents about the dangers of concussions.
2. It requires schools to have student-athletes screened by a health professional before returning to practice or competing in games if they show signs of concussion.

These are great steps toward preventing concussions and catching brain injuries before they get worse. However, they won't protect all kids. Concussions happen outside of school, too, during activities like biking, longboarding, rock climbing, and swimming. Even a game of pickup basketball in the driveway can go sideways.

As a parent, there are a few things you can do to keep the kids you love safe.

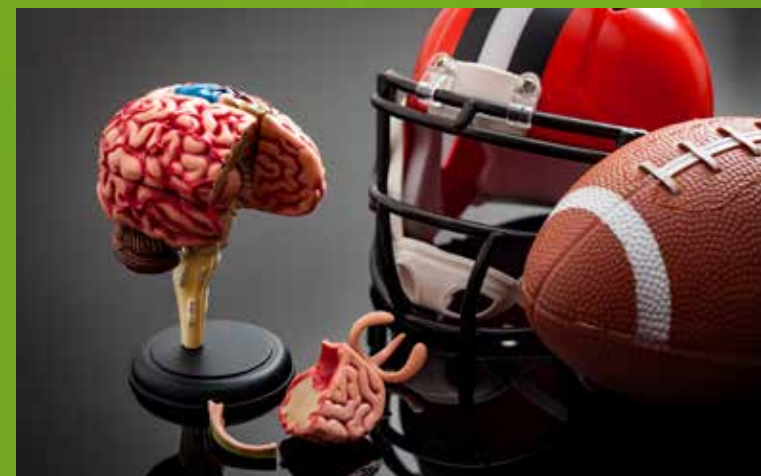
- If they're competing in sports outside of school, make sure their team has a concussion policy.
- If they're biking, longboarding, or playing football, make sure they wear a helmet.
- Double-check they're always wearing their seat belt in the car, because crashes can also cause traumatic brain injuries (TBIs).
- Consider seeking out a concussion baseline test from a local doctor or physical therapist. This will tell you what the child's



"normal" is, and it's a good basis of comparison in case of a concussion down the line.

- Be prepared to take the child to the doctor immediately if they're hurt playing sports. That will help you catch the problem early and put you in a position to seek compensation if a TBI leads to serious problems like cognitive impairment, personality changes, memory loss, or seizures.

In the worst cases, a bad brain injury can totally disrupt a child's life. (See Page 3 to read about the impact brain injuries can have, even on strong NFL players.) No matter the type of injury, one of the most crucial ways to help your child or grandchild is to work with a personal injury lawyer to protect their legal rights and financial future. If you know someone with a TBI, reach out to us or send their family to our team for help.



THE NFL'S DARK SECRET — UNCOVERED

THE TRUE STORY BEHIND THE MOVIE 'CONCUSSION'

If you love sports drama films, you might have seen the 2015 movie "Concussion" starring Will Smith and Alec Baldwin. It tells the crazy story of Dr. Bennet Omalu, a pathologist who discovers a dark secret at the heart of the NFL — and it's 100% true.

Dr. Bennet Omalu is a real person, and in 2002, he autopsied the brain of Pittsburgh Steelers player Mike "Iron Mike" Webster. Mike died of a heart attack at just 50 years old, but before that, he was acting oddly: shouting at people and using a Taser to hurt himself. Dr. Omalu was intrigued and decided to do a deeper dive into Mike's brain (literally). What he found changed football forever.

It turns out a buildup of tau proteins in his brain caused Mike's behavior. Usually this is a sign of Alzheimer's, but in Mike's case, Dr. Omalu believed it came from repeated head injuries. (The same problem had been spotted in boxers' brains, too.) He called the condition "chronic traumatic encephalopathy," or CTE.

Unfortunately, as "Concussion" documents, it wasn't easy to get the NFL to admit CTE was a real risk for its players. It took years of studies, publications in medical journals, and private and public fighting — as you'll see if you watch the movie! Eventually, though, the truth won out. In 2009, the NFL's Mild Traumatic Brain Injury committee (MTBI) admitted that its own study had found a higher-than-normal rate of memory-related diseases in NFL players.

Brain injuries are serious business, and something every football player should know about whether they're an 8-year-old playing flag football or a professional NFL tight end. "Concussion" is a great place to start, and we'd highly recommend watching it with your kids to help them understand the issue. (Keep in mind the movie is PG-13, so if you have young children, you may want to watch it first.)

We'd hate to have to represent your child due to a traumatic brain injury this football season. For more information about preventing TBIs, check out Page 2.

SUDOKU

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SOLUTION

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



CREAMY AVOCADO GAZPACHO

INGREDIENTS

- 2 cups fresh peas, shelled
- 2 medium-large ripe avocados
- 2 tbsp extra virgin olive oil
- 1 serrano pepper, stem removed and sliced in half
- 1 medium shallot, peeled and chopped in half
- 1 medium English cucumber, roughly chopped
- 1 cup fresh cilantro
- 3 tbsp freshly squeezed lime juice
- 1 1/2 cups water, plus more for boiling
- 1/2 cup full-fat coconut milk
- Kosher salt and black pepper, to taste

DIRECTIONS

1. In a large bowl, prepare an ice bath.
2. In a saucepan, boil water and add peas. Once water returns to boil, cook for 90 seconds.
3. Transfer peas to ice bath. Drain once cooled.
4. In a blender, combine peas, avocado, olive oil, serrano pepper, shallot, cucumber, cilantro, lime juice, 1 1/2 cups water, and coconut milk. Blend until completely smooth and creamy.
5. Season to taste with salt and pepper.
6. Serve immediately at room temperature, or transfer to the fridge to serve chilled.

Inspired by RainbowPlantLife.com