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The Mottley Law Firm

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Every summer, I play a little game with myself: I pick out the college football games I'll attend that season and try my best to guess the winner. It's one of my favorite traditions, so I'm bringing it back to the newsletter this year! If you're a college football fan, too, let me know what you think about my predictions. Do you agree or think I'm dead wrong?

Syracuse vs. Virginia Tech

Date & Time: Thursday, Oct. 26, at 5:30 p.m.

Place: Lane Stadium in Blacksburg, Virginia

At Stake: Every year, I have to go to at least one Thursday night game in Blacksburg. Walking into the Hokies' home stadium takes me right back to my college days! Plus, the games are always energetic and exciting, and in October, the weather in the mountains is beautiful. The Hokies were one of the first teams to participate in ESPN's Thursday night games back in the '90s, and the enthusiasm still runs high. I'll be cheering them on to victory against the Syracuse Orange.

My Prediction: I'm confident my Hokies will win this one, even if it's only by a slim margin, like 28-27.

Virginia Tech vs. Virginia

Date & Time: Saturday, Nov. 25, time TBD

Place: Scott Stadium in Charlottesville, Virginia

At Stake: There's nothing better than a Thanksgiving-week game between bitter rivals! This matchup is sure to be one of the most exciting of the year. I went to law school at UVA, but the Virginia Tech Hokies were my original alma mater, and my loyalties still lie with them. I plan to cheer the Hokies on against their archrival (and Sarah Ann).

My Prediction: I think this one will be close, but I'll give Virginia Tech the advantage. The game will wrap up 24-21.

I can't wait to watch all four of these games! Hopefully, no one gets hurt on the field this year — as a traumatic brain injury attorney, that always hits close to home for me. If you have a football player in your family, open this newsletter to read about preventing sports-related brain injuries.

-Kevin Mottley

Virginia vs. Tennessee

Date & Time: Saturday, Sept. 2, at 11 a.m.

Place: Nissan Stadium in Nashville, Tennessee

At Stake: The Virginia Cavaliers haven't faced off against the Tennessee Volunteers since the Sugar Bowl in 1991. In that game, Tennessee came out on top by just 1 point, so this will be a rare matchup! This year, I'll attend the game with my daughters Sarah Ann (a fourth-year architecture student at UVA) and Catherine (a high school senior considering both the UVA and Tennessee nursing programs) to cheer on UVA in the rematch.

My Prediction: Although I'll root for UVA for Sarah Ann, I think Tennessee will win this one 35-10. They're too powerful to beat!

Florida vs. South Carolina

Date & Time: Saturday, Oct. 14, time TBD

Place: Williams-Brice Stadium in Columbia, South Carolina

At Stake: This will be the South Carolina Gamecocks' sixth game of the year, which puts it at a pivotal moment in the season for their excellent coach, Shane Beamer. If the team heads into the game with a 4 and 1 record, they could end up ranked in the top 25 and climb even higher! If they enter with 3 and 2, a win against the Florida Gators could turn their season around. My son Andrew just graduated from South Carolina last year, so I'm sure he'll attend with me. Catherine will probably tag along, too, since South Carolina's nursing program is also on her list. We'll root for South Carolina in Andrew's honor.

My Prediction: I expect South Carolina to beat Florida 42-35.

SUMMER ISN'T OVER YET!

3 MEMORABLE WAYS TO CLOSE THE SEASON

As much as many of us wish we could have an endless summer, all good things must come to an end. But why let the season close with a whimper when you can go out with a bang? Strive for a memorable last few days of the season with one of these family-friendly ideas.

Take a family road trip. What says "summer" more than piling in the car and driving somewhere? You don't necessarily have to go far. A new town a few hours away can still be an adventure. Check out a local state park or nearby museum you've always meant to visit and let your children enjoy the novelty of sleeping in a hotel room or camper. Even a weekend away will feel like an occasion and stick out in everyone's memories.

Spend a day on the water. Enjoying the water is one of the summer's greatest pleasures, so make the most of it one last time. Depending on where you live, you might incorporate this idea into your road trip. Head to the nearest beach, lake, or river and pack in as much summer fun as possible with a favorite summer activity or something new! You could help your kids build a sandcastle, rent a kayak or paddleboat, or try water skiing. You might even surf or snorkel.

Have a late night.

Bedtime routines are about to make a return for school kids, much to their possible dismay, but you can indulge them with one last hurrah. Plan a special late night the family can enjoy together. You might go to a drive-in theater or host a movie marathon at home with plenty of popcorn. Camping on your lawn will also allow staying up late together doing something exciting. No tent? No problem — build a pillow fort in the living room instead!

Summer only comes once a year, so don't let its final days go to waste. A special celebration to mark the season's end will leave you with lasting memories and even more reasons to look forward to next year.



CHOOSE THE RIGHT SITTER FOR YOUR PET

YOUR FAMILY MAY NOT BE UP TO THE TASK!

When your children were young, you wouldn't trust their care to any old babysitter, would you? Of course not! Now, your pets are no different. When you head out for a summer vacation, they deserve to be cared for by someone who will pamper and protect them the same way you would. The only problem is, who?

Friends and Family vs. Professionals

You may be tempted to ask your sibling, friend, or child to watch your pet. This can be a great solution because you trust them, and they've bonded with your furry friend already. But have you considered a professional? Some situations may call for a little more. Use these questions to help you decide:

- Will your friend or family member be able to visit your home regularly or stay there temporarily while you're gone to avoid disrupting your pet's routine?
- Does your pet have a disability or need to take medication that would be better handled by a professional?
- Does your friend or family member know how to stay cool and react calmly in case of a veterinary emergency?

If your loved one is pressed for time or easily stressed, or your pet has medical needs, you may be better off working with a professional.

How to Find the Right Pro

When choosing a professional pet sitter, don't start with the flier on the stop sign pole down the street (it was probably put up by a 10-year-old). Instead, call your pet's vet, groomer, and/or trainer and ask if they can recommend a nearby pet sitter. You can also ask friends and family who are conscientious pet owners. Then, thoroughly check the sitter's credentials and experience. Look for signs that they're serious about their work, like certifications, insurance, and background check information, and set up an interview and meet-and-greet with your pet.

If you can't find a sitter through your network, consider online groups like the National Association of Professional Pet Sitters, Care.com, Pet Sitters International, Rover, or TrustedHousesitters, and use the same vetting strategy. For more help choosing a great sitter, visit [HumaneSociety.org/resources](https://www.humanesociety.org/resources).



'HOW LONG DO I HAVE TO WAIT FOR MY SETTLEMENT CHECK?'

A Must-Know Timeline for Truck Accident Victims

If you were recently involved in a truck accident and a stack of unpaid medical bills is growing on your desk, you probably only have one question: "How long until I get my settlement check?"

It seems like a simple question, but the answer is complicated. Here in Virginia, it takes a long time for a truck accident case to make its way through the court system. The process involves several steps, including acquiring evidence, filing a demand letter, determining liability, negotiating the settlement amount, and valuing the damages.

A traumatic brain injury (TBI) can complicate things, too. If you have a mild TBI from the crash, that shouldn't slow down your case's timeline. But if your injury is severe, it could be in your best interest to wait a year or more before filing your lawsuit so you can identify which of your symptoms are temporary and which are permanent before negotiating compensation.

All of that said, here's the cut-and-dry answer to your question: The process typically takes about a year and a half.

If you read last month's newsletter, you might remember that our firm recently partnered with Jonathan Wren to win a \$3.5-million settlement for one of our clients who was injured in a tractor-trailer collision. We initially filed that case in December 2021 and just closed it this summer — so it took one year and five months for our client to get her check.



Waiting for compensation is incredibly frustrating and stressful. But if you have a great lawyer, there *will* be a light at the end of the tunnel. Ultimately, we recommend putting this question out of your mind as best as you can. Instead of dwelling on how quickly your settlement will come, focus on your recovery, whether your settlement is fair, and whether it legitimately covers your damages. In the long run, those things are all more important than speed!



ATTENTION SPORTS AND NATURE LOVERS!

Do These 3 Things to Enjoy August to the Fullest

Ahh, August — it's still hot as heck, but the daylight is changing, and fall is in the air! If you're a nature lover or sports fan like me, join me in these three August activities while you can.

1. Visit the beach — there's plenty of elbow room. With kids back in school and vacationers heading home, the beaches are vacant for locals like you and me. You can enjoy the sand and surf right here in Virginia or squeeze in a last-minute vacation. If you do the latter, I highly recommend a weekend trip to the island of Kiawah off the coast of South Carolina or the Outer Banks islands near North Carolina. My wife and I just visited Kiawah in July, and it was absolutely beautiful.

2. If you're a gardener, plan your fall planting. Summer is too hot to plant outdoors in Virginia, so instead, use this time to plan for cooler weather. I recommend skipping the big gardening books and starting your planning process online.

If you're a beginner gardener, you should first familiarize yourself with the plants that grow well in our area on a website like [PlantVirginiaNatives.org](https://www.PlantVirginiaNatives.org). Then, Google the word "plans" plus the color, shape, or garden type you'd like to plan. (I've been Googling "plans for all-white perennial border.") Finally, sift through the results for plants that match our local climate — like hydrangeas, hostas, and wisteria — and add them to your blueprint.

This is a slow process, but it's much more effective than going out to a nursery, buying a bunch of stuff, and throwing it in the ground without doing your research. You could lose hundreds of dollars of plants that way!

3. Get excited about baseball season. August is an excellent time to be a baseball fan because the pecking order for the playoffs is just starting to sort itself out. In your downtime, research your team's new players, catch a game (I'm watching the Yankees play the Astros in New York!), and start thinking about your postseason bracket. It's the best way to pass the time until football season.

How do *you* like to spend the last few weeks of summer? Do any of my ideas appeal to you? Let me know next time we talk.

—Kevin Mottley

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



SWEET POTATO JALAPEÑO POPPERS

INGREDIENTS

- 1 lb sweet potatoes, peeled and cut into large pieces
- 2 tbsp white wine vinegar
- 1/4 cup unsweetened plant-based milk
- 1/2 tsp ground turmeric
- 1/4 cup nutritional yeast
- Salt and pepper, to taste
- 7 fresh jalapeños, halved lengthwise and seeded

DIRECTIONS

1. Preheat oven to 400 F. Line a baking sheet with parchment paper.
2. In a large saucepan, place sweet potato chunks in a steamer basket. Add water just below steamer basket and boil. Steam for around 10 minutes. Remove sweet potatoes, and let cool in a bowl before mashing.
3. In a small saucepan, whisk together milk, yeast, vinegar, and turmeric. Boil, then cook for 1 minute or until thickened.
4. In a blender, combine milk mixture and mashed sweet potatoes until smooth. Season with salt and pepper.
5. Spoon sweet potato mixture into jalapeño halves. Place on baking sheet and bake for 30 minutes or until lightly browned.

Inspired by [ForksOverKnives.com](https://www.ForksOverKnives.com)