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Driving Myths



## Myths of Winter Driving

As winter wraps its icy fingers around us, driving safety becomes a slippery narrative filled with myths and misconceptions. It's time to turn the high beams on these frosty fabrications and steer toward the truth. From misconceptions about all-wheel drive to misjudged tire tactics, let's clear the snowy path from fiction to fact.

### Myth 1: All-wheel drive means invincibility.

The belief that all-wheel drive creates an unstoppable winter vehicle is as common as the flu. While this feature does improve traction, it doesn't magically enhance your braking on ice. The real heroes are cautious driving, lower speeds, and adept use of brakes, irrespective of your vehicle's drivetrain.

### Myth 2: Lower your tire pressure for better grip.

Lowering tire pressure for more grip on snow-clad roads? This myth leads to uneven wear and potential handling hazards. The smart move is to adhere to the manufacturer's recommended tire pressure for the best balance of safety and performance.

### Myth 3: Bigger vehicles are always safer.

The notion that size equals safety in winter driving is as misleading as black ice. Despite their imposing presence, larger vehicles are not immune to skidding and slipping. Safe winter driving hinges on skill and awareness, not vehicle size.

### Myth 4: Cruise control is safe for winter driving.

Cruise control, while a boon on long, dry drives, becomes a liability on winter roads. It can slow your response to sudden icy patches or unexpected conditions. Winter driving demands your undivided attention and manual control.

### Myth 5: Warm up your car for 10 minutes.

Idling your car for an extended warm-up is a relic of the past. Today's engines need just a short time to get going efficiently. Long idling spells are wasteful and potentially damaging. A brief warm-up suffices for both your car and the environment.

Winter roads are no place for myths. Understanding the realities of driving in cold, snowy conditions is key to navigating them safely. So, as you prepare for your winter journey, arm yourself with knowledge and a healthy dose of caution, and you'll find the road less daunting.

## LOSING: PART I THE OTHER SIDE OF VICTORY

I recently lost a case. This means the jury listened to all the evidence, listened to each side explain their position, went back to the jury room, debated the case amongst themselves for several hours, and then came back and essentially said, "Kevin, we're sorry, but you lose."

You always hear lawyers thumping their chests about their latest victory or big settlement. But you never hear them talk about their losses. I guess that's because no lawyer wants anyone to think of them as an attorney who loses. But let me tell you a dirty little secret. In my profession, if you do what I do for a living — which is try cases — you will lose.

I probably hate losing more than anything else — it's painful. I'm not sure how else to put it. I take losses very hard. I have designed my career to represent people with big, life-changing cases. My typical client has a catastrophic brain injury or other type of injury that they and their family are going to have to deal with for the rest of their lives. When a client entrusts me with obtaining justice in the legal system for their case, I am humbled and honored. But mostly, I am ready to run through a wall. I want to win. At that point, the client's case becomes a driving, obsessive, all-encompassing personal challenge to me to do my best. Anyone who knows me knows what I'm like when I am in that mode. So, you can imagine that when a loss results from such an effort and mindset, it's crushing.

**"BATTLE SCARS' MOLD GREAT TRIAL LAWYERS, WHICH IS MY ULTIMATE GOAL."**

So, how do I cope with losing?

After my latest loss, several thoughts came to me naturally after scrolling through Instagram. I found posts from the Crimson Tide coach and a former Navy SEAL who spoke about dealing with a loss. Coincidentally, Navy SEAL David Goggins was asked by an attorney about how he copes with loss.

He said losing is a chance to challenge yourself and improve. Goggins' philosophy is about flipping the narrative: You never truly lose; you take risks, expose yourself to new experiences, and evolve from every outcome — loss



or victory. Goggins refers to himself as "valiant" because valiant people make first, second, and third attempts — they don't lose. People who never fail are people who never try.

In the interview with Nick Saban, coach of the Alabama Crimson Tide football team, he said something that struck a chord with me. Saban said that challenging moments are actually opportunities. The team will use the experience as a pivotal learning point. He said, "Everybody has the opportunity to respond in the right way when things don't go exactly like you want them to." Here was a high-ranking coach with a phenomenal team that had just lost multiple players in a close win to injuries. But he wasn't sulking over their challenges.

So, I began to shift my thinking about my recent loss in the courtroom. I started to flip the narrative. After that, I was able to have a fresh perspective that didn't feel so debilitating. Now, I examine what went wrong to improve my approach for the next case. I make it a point to learn a new skill with every case I handle. This way, even if the case doesn't end in my favor, I know it isn't a loss, because it is the best case I did. These "battle scars" mold great trial lawyers, which is my ultimate goal.

Each case contributes to my growth as a trial lawyer. Moments of adversity define us and turn us into stronger, more capable individuals. That, in itself, is a victory worth celebrating.

*-Kevin Mottley*





# GOLDEN YEARS, NEW FRONTIERS

## EMBRACING NEW SKILLS AFTER 50

As one reaches their 50s and 60s, a new chapter of life begins to unfold. This phase often signals a period of rediscovery and personal growth in which novel challenges become rewarding adventures. Activities ranging from gardening to cooking

and even exploring the art of magic enrich these years with depth and vibrancy, underscoring the notion that learning and growth are lifelong pursuits. Endless possibilities exist, but here are a few more to consider if you're looking for ideas!

### Photography and Blogging: Capturing and Sharing Stories

Exploring photography allows one to view the world with a fresh perspective and creativity. It's a pursuit that transcends mere picture-taking, encouraging individuals to capture and interpret the world in unique ways. Similarly, blogging becomes a digital canvas for sharing life stories, insights, and knowledge, fostering connections with family and even a global community of readers.

### Creative Crafts: Pottery, Origami, and Writing

Engaging in crafts like pottery and origami offers a tactile and therapeutic way to express one's artistic flair. These hobbies allow for the creation of tangible art, providing a sense of accomplishment and peace. Writing,

whether crafting narratives, poetry, or prose, becomes a conduit for self-discovery and emotional expression.

### Digital Arts: A New Age Canvas

For those drawn to creativity through technology, the digital arts world, encompassing graphic design and programs like Procreate, presents an endless spectrum of artistic possibilities. You can design animated art, turn photos into digital watercolor, create handcrafted lettering, or make abstract designs. It's truly a platform for boundless innovation.

### Physical Wellness: Yoga, Swimming, and Dance

The importance of physical activity remains paramount, and yoga, swimming, and cycling are excellent choices for sustaining health and vitality. These activities bolster physical well-being and provide mental relaxation. If you're more adventurous, you can explore modern or trendy dance forms like K-pop or traditional dance forms like swing and tap as a way to stay fit.

For individuals in their golden years, hobbies are more than mere pastimes; they are gateways to rejuvenation and joy. They offer opportunities to forge connections, exchange knowledge, and maintain an active mental and physical lifestyle. Yet they require patience, perseverance, and a dash of courage. The sense of achievement in mastering a new skill — be it playing a musical instrument, excelling in tennis, or crafting an art piece — can bring immense joy and satisfaction.

# SIMPLE WAYS TO SHOW YOU CARE

## The Power of Kindness

In the hustle and bustle of our daily lives, it's easy to overlook the small gestures that make a big difference. Random Acts of Kindness Day on Feb. 17 is dedicated to spreading joy and kindness.

One act of kindness that is often overlooked revolves around our daily commutes. Giving the other driver the benefit of the doubt is an act of kindness. The other driver who isn't navigating the roads per your expectations might have a valid reason for their actions. Perhaps they are new to the area, are dealing with a personal emergency, or simply having a bad day. Not everyone has malicious intentions. When we give them the benefit of the doubt, we practice empathy and patience, which is good for our peace of mind.

If we humanize those around us, whether it's the cashier at the grocery store, a coworker, or even a stranger we pass on the street; it helps us remember that everyone carries their own struggles. Their exterior demeanor or actions may not reflect of their inner state. They could be dealing with personal issues, coping with loss, or struggling with health problems. A kind word,

a patient ear, and even a simple smile go a long way in making someone feel seen and valued.

One simple gesture of kindness is to allow others to go ahead of us, whether in traffic, in a line, or in any situation where patience is a virtue. It's a gesture of goodwill that can create a ripple effect, which is especially important regarding road safety.

We are all too familiar with instances on the road that have the potential to escalate. Road rage cases can end up in a courtroom or, worse, in a hospital. Driving can trigger stress and anger, but remember — you have control within your vehicle.

Empowerment isn't about exerting dominance; it's about holding your peace and composure in the face of adversity. If someone directs anger at you, greet it with a calm smile, symbolizing your refusal to lose control. It's an act of self-restraint that diffuses anger and promotes kindness. Let's contribute to a more peaceful and understanding world this Random Acts of Kindness Day.



# SCOUTING: A BOND BEYOND BADGES

## Our Family Legacy in Boy Scouts

As a youngster, I was in the Cub Scouts, and I loved it. Unfortunately, my friends weren't involved in Boy Scouts. For my son, though, being part of the Boy Scouts was encouraged and celebrated by family and friends, and he had many friends who were also Boy Scouts. For him, it was a shared experience, a rite of passage that bonded his friends and family.

I became a Boy Scout leader and saw firsthand how the values and skills of Scouting build young minds. It teaches survival skills, builds character, fosters a sense of community, and encourages responsibility, all while having fun.

My favorite memory from my Cub Scout days was building a pinewood derby race car with my dad. It started as a mere block of wood that we transformed into a race car about 6 inches long and 2-3 inches wide. I remember spending hours working on the car at the kitchen table with my dad. We received a kit with wheels, and once those were on, it was ready to race.

The packs gather for a race to see whose car is the fastest. Those who win move on to regionals, and my car won! It was an achievement, earning me a trophy and an unforgettable experience.

I had the opportunity to relive this cherished memory with my son. We used the same car that my dad helped me build — one that I lovingly saved — as a model. Like my old one, my son's car was fast, and he took second place. It was a memorable experience for both of us, and we'll cherish the memory for years to come.

Boy Scouts provides opportunities for parents and children to spend quality time together, creating lasting memories. Boy Scouts teaches children how to make things with their hands and fosters maturity, responsibility, and growth. Scouting is a valuable part of life for children and their families. On National Boy Scouts Day, Feb. 8, let's celebrate these moments and the community Scouting creates.

—Kevin Mottley

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### SOLUTION

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# SUDOKU



## PUFF PASTRY BERRY HEARTS

### INGREDIENTS

Inspired by Weelicious.com

- 1 package frozen puff pastry, defrosted
- 1 cup heavy cream
- 1 tsp powdered sugar
- 1/2 cup fresh raspberries (or berries of your choice)

### DIRECTIONS

1. Preheat oven to 400 F. Unfold the puff pastry and use a heart-shaped cookie cutter to cut into heart shapes.
2. On a baking sheet, place puff pastry hearts and bake for 10-12 minutes or until golden brown.
3. In a standing mixer, whip the cream on medium-high speed for 2-3 minutes. Add the powdered sugar and beat on high for 30 more seconds or until thick and fluffy.
4. Remove hearts from the oven and allow to cool completely. Slice each heart in half between pastry layers to create 2 hearts. Top the bottom half with whipped cream and berries, and place the other half on top to form a sandwich.