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The Mottley Law Firm

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ALL ABOARD! *KNOW YOUR CRUISE ETIQUETTE BEFORE SETTING SAIL*

After a slump in 2020 and 2021, cruises are back in a big way. If you're planning your first onboard adventure — or it's been a while since you last set sail — now is the time to brush up on your cruise ship etiquette. Every passenger should read their cruise line's policies to ensure they know all the specifics before climbing aboard. In the meantime, we've listed some of the most essential do's and don'ts for the savvy traveler.

KNOW WHAT TO WEAR.

Some cruise lines aim for a fancy atmosphere, while others prefer a casual approach. Ideally, review the dress policy before you book your trip. Bring at least one formal outfit in your luggage for dinner, which tends to have an upscale vibe. The rest of your cruise wear should be casual but tasteful, leaving you looking put together. Most importantly, don't overpack — the stateroom is smaller than you think.

DON'T BE A CHAIR HOG.

Everyone wants a prime spot on the sundeck, but you've got to rise early in the morning to get one. That's fine if you can manage it, but "saving" a seat by putting a towel on it and then wandering away for breakfast or a mani-pedi is the best way to get on your fellow travelers' bad side. Your cruise may also have a policy against it. Going to the bathroom is one thing; you're only human. Otherwise, if you want the seat, stay in it.

BE ON TIME.

Treat your cruise ship like an airplane — if you're not on time, it's probably leaving without you. And if you are lucky enough to have the ocean liner wait, your fellow passengers won't look at you kindly. Set your watch to ship time (not local time) and prepare to be back an hour before the deadline. That way, if you happen to be late, you'll still be on time. You may miss out on an extra drink or souvenir shop, but nothing will ruin your cruise faster than being left behind at the dock.



WELCOMING MASON KYBER!

REFLECTIONS FROM A NEW FATHER

My wife, Anne Stewart, and I welcomed our daughter, Mason Speakes Kyber, to the world in early December. At the time of writing, Mason is 3 weeks old and enjoying her morning nap — the first of several she'll take today. She loves to take walks in her stroller and rides in her car seat. She's getting used to "tummy time." When lunchtime rolls around, we'll take a jaunt around the neighborhood and enjoy this unseasonably warm late-December day. I've outfitted her stroller with a Bluetooth speaker, and I'm already thinking about the playlist for our walk. I hope she likes music as much as her dad does.

Mason is our first child, so this is all very new and exciting for us. It's especially new for me. I'm an only child and haven't previously spent any time around newborns. Until I had to spring into action while we were still in the hospital, I'd never so much as changed a diaper. The class we took shortly before Mason was born taught me a bit about what to expect, but I don't think it's possible to be fully prepared for the rigors of early parenthood. It's a bit like preparing for an appellate argument. No matter how much you outline and practice and attempt to master the issues, you don't know what the questions from the bench will be until you're actually standing at the podium. Only, in this analogy, the "bench" is a newborn baby who is totally dependent on you and can only communicate by crying, and the "questions" include: "Why aren't you already awake to feed me at 3 a.m.?" and "Do you think this diaper will change itself?"

I also don't think it's possible to be prepared for the joys of becoming a first-time parent. Those joys often come from the little things. While you understand that your child will grow and develop over time, no one really tells you that at this stage, you can see tiny changes constantly. They're awake for a little longer between naps, they become more inquisitive and interactive, their hair grows, they look a little less like a newborn, they start to make more sounds, they settle themselves back to sleep after waking up in the middle of the night, they smile at you. Almost every day, there's a new milestone to celebrate and cherish.

Anne Stewart and I aren't the only ones in our house adapting to Mason's arrival. We weren't sure how our golden retriever, Hunter, would take to having a baby around. He's a very sweet boy, and we knew he'd be good with the baby, but he's also an attention hog who pouts and audibly sighs when he doesn't get his daily dose of belly rubs. Fortunately, Hunter happily dove headfirst into his new role as Mason's big brother. He's often the first responder when she starts to cry. He checks in on her



periodically during naps. His bark is quite a bit louder now when there's an unexpected knock on the door. He understands his assignment. We can already tell they'll be best friends.

Mason is also lucky to have lots of extended family close by, including aunts and uncles and a full complement of grandparents. When she's old enough, she'll learn that she's named after Anne Stewart's father, John Mason Claytor, and my grandfather, Herbert Forrest Speakes. It was important to us that she have a name that honors her family. Fortunately, she'll get to know Anne Stewart's dad ("Bop," as his other grandchildren call him). And she'll hear plenty about my grandfather, a World War II veteran, career Air Force NCO, and avid storyteller who grew up in Depression-era Oklahoma and lived with my mom and me during my middle and high school years.

Anne Stewart and I are overjoyed to have Mason here, and we can't wait for the adventure that lies ahead of us. Please join us in welcoming Mason to the Mottley Law Firm family!

-Ben Kyber



A MEDITATION ON MOVEMENT

THE BENEFITS OF TAI CHI FOR SENIORS

to defeat an opponent. It is sometimes referred to as an “internal” martial art or “meditation in motion” due to its focus on developing mental and spiritual strength alongside physical strength. It has much in common with yoga but involves fluid movement instead of static poses.

Tai chi draws heavily upon the Chinese philosophy of Taoism, most commonly understood through the yin and yang. Taoism promotes balancing our more feminine and masculine features (yin and yang) to become peaceful and balanced people. Tai chi aims to help restore that balance through relaxation, exercise, and breathing.

You don't have to accept the philosophical tenets of Taoism to gain benefits from practicing tai chi. Through its use of soft, deliberate movements, it helps many people restore their physical stability and prevent falls in their golden years. And unlike many high-intensity exercises that encourage participants to work through pain to meet goals, tai chi discourages pushing oneself to the limit and encourages people to modify movements to meet their capabilities.

The health benefits of tai chi are impressive. Medical research indicates that tai chi can reduce a person's fall risk by up to 50%. A great deal of evidence also suggests that tai chi can help with arthritis and back pain. Like other exercises, tai chi helps promote weight loss and better sleep. Participants also show improved cardiovascular health, and people with heart failure, breast cancer, and other conditions see increased overall wellness. Some studies even show that tai chi can improve memory!

Those who want to try tai chi for themselves will find many online courses. Watching the videos will help you get a better feel for the martial art, but it's best to seek a professional before you begin practicing. Look for classes in your area (many senior centers offer them). You'll receive support, coaching, and company while doing your health a favor.

Known for its slow, gentle, and simple movements, tai chi is exploding in popularity among adults over 65. Studies have shown significant benefits for all ages, but its accessibility and low impact have made it the martial art of choice among people of retirement age. As a form of exercise, it positively impacts participants' physical and mental health.

Unlike many other martial arts, tai chi does not usually involve physical fighting or attempting

TBI IN THE MOVIES

The True Story Behind 'The Vow'

Did you know the 2012 romance flick, “The Vow,” is based on a true story? When the film starts, Paige and Leo Collins are sitting at a stop sign, leaning in for a kiss. Then a truck roars into the frame. It smashes into their vehicle — sending Paige's body hurtling through the windshield.

When Paige wakes up, five years of her memories are gone! She can't remember her husband, and drama ensues as she tries to navigate her ex-fiancé, estranged parents, and mysterious friends. In the end, Leo manages to win Paige's heart again, even though she never regains her memories.

Millions of people have seen this movie starring Channing Tatum and Rachel McAdams — but most have no idea the movie is based on a real love story. It was inspired by Kim and Krickett Carpenter, who were in a horrific car crash two months after tying the knot in 1993.

According to The Mercury News, “Krickett suffered a serious brain injury and was in a coma for 21 days. When she awoke, she had no recollection of the wedding ceremony — or their relationship. Despite Kim's efforts to jog his wife's memory, nothing worked. So he decided to woo Krickett into falling in love with him all over again. Two years and countless dates later, the couple remarried.” Pretty amazing, right?

Because it follows the Carpenters' story, “The Vow” paints a fairly realistic picture of life with a traumatic brain injury (TBI). Our firm



regularly helps clients who have lost their memories after car crashes or slip-and-fall accidents, and many of them can't remember how they were hurt, have complete short-term memory loss, or even lose their memories permanently.

Memory loss makes winning justice in court after an accident much more challenging, but it isn't impossible! If we were representing Paige, we would gather witness testimony from Leo and use tools like accident reconstruction, expert testimony, medical records, police reports, and video or photo evidence to piece together what happened. Ultimately, we could win her compensation for her medical bills, lost income, and future expenses.

If you or someone you know has suffered memory loss after an injury, you need a TBI expert on your side. Call our team to get help!

—Kevin Mottley



DRUGGED DRIVING VS. DRUNK DRIVING

Is There a Legal Difference?

We've all seen campaigns about the dangers of drunk driving and the dangers of drugs. But somehow, the media rarely combines the two! Here at The Mottley Law Firm, we've always wondered why “drugged driving” doesn't appear in more headlines and TV commercials — because it's probably as common as drunk driving and just as dangerous.

WHAT IS DRUGGED DRIVING?

Drugged driving is a broad term that covers driving under the influence of all kinds of substances, from illicit drugs and marijuana to legal painkillers and sedatives. Drugged driving is negligent and can lead to civil or even criminal charges here in Virginia. Drugged drivers often wind up paying fines and serving jail time for the injuries they've caused.

WHY IS DRUGGED DRIVING DANGEROUS?

It's perfectly safe to take powerful painkillers while on your couch — but the moment you start driving, your dulled sensitivity to light and sound, coordination problems, and slowed thinking become real problems. Sedatives can cause extreme lethargy that slows your reaction time or puts you to sleep behind the wheel, while opiates can bring confusion alongside euphoria. Illicit substances are just as dangerous and can inspire hallucinations, paranoia, dizziness, poor judgment, altered perception of time and distance, vision impairment, and more.

DRUGGED DRIVING VS. DRUNK DRIVING: WHICH IS WORSE?

The American Addiction Centers (ADC) did a deep dive into this question. They compared statistics for both types of impairment, like the fact that in 2018, 12.6 million Americans age 16 and up drove under the influence of illegal drugs. The ADC concluded that “there's no way to definitively say whether drunk driving or drugged driving is worse” — they both reduce your ability to drive and can lead to fatal accidents. Legally, Virginia punishes DUIs/DWIs (driving under the influence/driving while intoxicated, typically by alcohol) and DUIs (driving under the influence of drugs) with equal harshness.

If you or someone you love has recently been in a car wreck involving a driver behaving oddly, they might have been drugged while driving — we can help you prove it. Check out our blog “A Drugged Driving Crash Can Change Your Life in an Instant” at MottleyLawFirm.com for more information on this type of collision or to reach our attorneys for help.

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SOLUTION

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



FETA CHICKEN BURGERS

INGREDIENTS

- 1/4 cup finely chopped cucumber
- 1/4 cup reduced-fat mayonnaise
- BURGERS:**
- 1/2 cup chopped roasted sweet red pepper
- 1 tsp garlic powder
- 1/2 tsp Greek seasoning
- 1/4 tsp black pepper
- 1 1/2 lbs lean ground chicken
- 1 cup crumbled feta cheese
- 6 whole wheat hamburger buns, split and toasted

DIRECTIONS

1. Preheat broiler and mix chopped cucumber and mayonnaise.
2. For the burgers, mix the red pepper, garlic powder, Greek seasoning, and black pepper. Add chicken and cheese; mix lightly but thoroughly (the mixture will be sticky). Shape into 6 patties about 1/2-inch thick.
3. Broil burgers, remembering to cook both sides thoroughly. Serve on buns with cucumber sauce. If desired, top with lettuce and tomato. Enjoy!

Inspired by TasteOfHome.com