



THOUGHTS FROM MY SON'S COLLEGE ORIENTATION

I don't remember much about my college orientation. The year was 1989. The season was summer. The place was Virginia Tech. That's about all I recall. I vaguely remember sitting in a big auditorium and hearing people speak. I'm sure information was "handed out" on paper. No "e-," "web," or "app" for anything existed back then, and nothing was "scanned" by anyone, either.

My strained attempts to recall my own orientation began last June as I sat in the 18,000-seat Colonial Life Arena on the campus of the University of South Carolina. My son was soon to be a Gamecock, and very soon, that Gamecock would be flying the coop. As some of you prepare for your children's college orientations this summer, I thought I'd share with you my top orientation takeaways.

Know that things have changed. If you're in my generation, you will not be surprised to learn that college orientation — like everything else, it seems — has evolved into a much larger, parent-involved production over the last 30 years. So, just understand that. A lot more is going to be asked of you at your child's college orientation than was asked of your parents at your orientation 30 years ago.

Prepare in advance. Weeks before orientation, you will get instructions from the school telling you various things you need to do ahead of time. These instructions will come from multiple

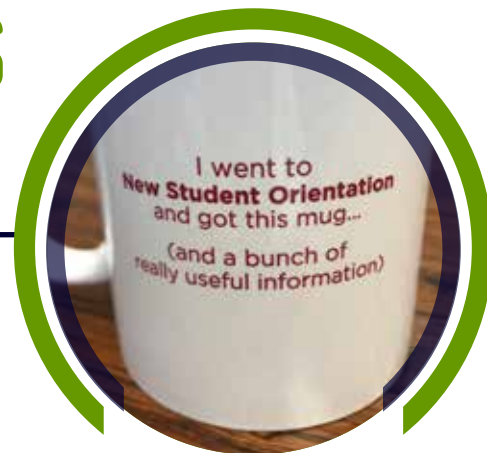
sources, will leave questions unanswered, and will sometimes conflict with other information you've received. My advice is to read everything, start working on this stuff as soon as you get it, and call the school in advance if you have questions.

Be a compulsive note taker for two days. The sheer volume of information thrown at you is going to be overwhelming. Orientation is like drinking from a fire hydrant. You may not be a compulsive note taker like me, but trust me, these notes are going to come in handy later. I personally use Microsoft OneNote on my iPhone for heavy-duty note taking because it syncs over my devices.

Be organized. As you prepare, organize by topic the forms and various communications you receive into folders or tabs in a notebook. "Student health forms," for example, would be in one folder/tab.

Break it down. One great thing about orientation is that all the opportunities, like clubs and other activities, are unfurled for your student to see. Particularly for a kid going to a big school, I believe the best thing for them to do is to find some way to "break down" the school into something smaller. Start learning about all these opportunities at orientation.

Learn about parent groups. Be on the lookout for parent apps, social media groups, and more at orientation. They



exist, and they're helpful. Not long after we dropped off Andrew, Hurricane Florence went through Columbia. The school's Twitter alerts and the parents' Facebook page were great resources during that time, and they're great all around for getting your questions answered.

Go and have fun. Orientation is optional for parents. One of the biggest questions I hear parents asking is "Should I go to orientation?" In hindsight, I cannot think of anything I learned at orientation that I couldn't have learned in advance over the internet by doing a little digging or by making phone calls. But, it's worth it. Orientation organizes it all in one place and at one time. Plus, it's a good idea to be there with your student to serve as a sounding board as they talk about their thoughts from orientation. So, go if you can and have fun.

-Kevin W. Mottley

IS YOUR PILLOW AFFECTING YOUR HEALTH?

WHAT BAD PILLOWS DO TO YOU

If you're feeling stiff and tired during the day or constantly waking up at night, it could be because of your pillow. Many people don't think about their pillows when it comes to health, but your pillow plays a significant role in your overall well-being.

REST Everyone knows that getting eight hours of sleep per night is ideal for a healthy body and mind, and your pillow can make all the difference in how you sleep. A lousy pillow causes discomfort and makes it difficult to relax, which can prevent you from getting the quality of sleep that is best for your health.

STIFFNESS The way you sleep is connected to the type of pillow you use at night. For instance, a side sleeper needs a thicker pillow to support their neck, while a back sleeper needs a thinner one. Your pillow should allow your neck to rest comfortably without straining your muscles. If you're sleeping with the wrong kind, it can cause stiffness and pain in the neck, which can lead to dizziness, anxiety, nausea, and headaches.

ACNE Breakouts are no fun, and they happen to everyone. Pillowcases tend to collect oil and dirt through constant contact with your skin, hair, and the environment. This buildup can irritate your skin and result in acne. By washing your pillowcase once a week, you can significantly reduce unpleasant breakouts.

ALLERGIES Along with collecting dirt and oil, pillows can accumulate dust mites and dead skin cells, which are key triggers for allergies. If you suffer from severe allergies, it's a good idea to invest in a dustproof, zipper-locked pillowcase to keep irritants away.

There's one excellent way to see if you need a new pillow or not: Try bending it in half. If it returns to its original shape, your pillow is fine, but if it doesn't, it's time to invest in a new one.



HOLOGRAPHIC WILLS AND THE ARETHA FRANKLIN ESTATE FIASCO

Known across the globe as the "Queen of Soul," Aretha Franklin had a storied career spanning more than six decades. When Franklin died in 2018, her six-hour funeral was broadcast live on national television and featured remembrances and performances from friends and family, including numerous celebrities, musicians, and a former president of the United States.



In private, however, Franklin's family members encountered a serious problem. **It appeared that Franklin had died without leaving a will.** Because Franklin was not married at the time of her death, her property would pass evenly to her four sons under Michigan law, just as it would here in Virginia. While that sounds straightforward, the lack of a clear estate plan can lead to family feuds and other challenges in administering the estate. That is especially true in the case of a celebrity like Franklin, whose sizeable estate included songwriting credits, life rights, and other intangible assets.

Unfortunately, Franklin's estate has now traded that vexing problem for another. **On May 3, Franklin's niece found three handwritten documents in Franklin's home: one in a locked cabinet and two under couch cushions.**

The documents, dated between 2010–14, seem to provide instructions for the disposition of Franklin's property after her death. While the documents found were not witnessed or notarized, they may satisfy the requirements for "holographic" wills under Michigan law because they appear to be in Franklin's handwriting, contain her signature, and are dated. Nevertheless, portions of the documents are difficult to read, contain various ambiguities, and include tangents that seem unrelated to the disposition of Franklin's property. Early indications are that Franklin's sons are divided on the validity of the handwritten documents. A suit has already been filed, asking the court to determine if the documents are valid. Even if it rules that they are, additional litigation over their meaning is likely.

Like Michigan, Virginia recognizes the validity of holographic wills. For a holographic will to be admitted to probate in Virginia, two disinterested witnesses must prove that it is entirely in the testator's own handwriting and signed by the testator. While Virginia law allows holographic wills, it is always best to avoid problems up front by hiring a lawyer to advise you about your estate plan and prepare the necessary documents to carry it out in accordance with your wishes.

However, not everyone takes those steps. Sometimes, issues with a loved one's estate plan are not discovered until after their passing. As Aretha Franklin's case illustrates, those issues can lead to disputes among family members over what the decedent intended and whether the personal representative of the estate is properly carrying out the decedent's wishes.

Here at The Mottley Law Firm, we do not prepare wills or trusts. **We represent executors, administrators, trustees, family members, beneficiaries, and other interested parties in court when a dispute arises involving the proper interpretation and implementation of a decedent's estate plan.** We have significant experience in all phases of estate and trust litigation, including will contests, trust disputes, actions arising from powers of attorney, and litigation involving premarital agreements. If you have encountered any type of issue involving an estate or trust, **please call The Mottley Law Firm at (804) 930-1022 to discuss the situation with one of our attorneys today.**

- Ben Kyber

GIVE IT A TASTE

If you are a lover of gourmet sandwiches, TASTE is your destination. Starting as a small local business, TASTE has spread its wings outside of Virginia Beach and landed right here in Richmond. Located on Grove near Libbie, TASTE serves a wide variety of sandwiches, salads, and soups, all of which are delicious, to cure your hunger.

When I visited TASTE for the first time, I expected it to be just like any other sandwich shop, but that was far from the truth. The space creates a unique feeling with its custom furniture, some of which is made from repurposed materials, and artwork displayed around the shop. The menu is just as unique as the shop itself, with tons of different ingredients to choose from. TASTE has many options, including turkey and ham, chicken salad, pulled pork, and even vegan and vegetarian options. They offer pre-made sandwich items and favorites, as well. If none of those fit the bill, you're able to build your own sandwich and choose every ingredient.

I recently went in and talked to Mike, a supervisor at the Grove Avenue location, about how the store has been doing since opening in November 2018. Mike told me the store has been doing well and that one of the most popular sandwiches is the Northender. It has honey smoked turkey, hardwood-smoked bacon, havarti, avocado, romaine lettuce, tomato, and basil mayo on French bread. His personal favorite is the Lynnhaven, which has house-roasted chicken breast, sassy Southern pimento cheese, hardwood-smoked bacon, baby spinach, tomato, and basil mayo on Italian flatbread. I asked him if there are any secret off-menu items you can order. While there aren't any specific ones, they do have all the ingredients to make a banh mi Vietnamese sandwich.

Peter Coe opened TASTE UNLIMITED in 1973 as a wine and cheese shop in Virginia Beach. The shop was eventually passed down to the Pruden family, where it began to take the shape of the specialty food



company it is today. TASTE prides itself on its fresh ingredients, sourcing many of them from local farmers here in Virginia, as well as on crafting many of their ingredients in-house. These ingredients lead to some seriously delicious sandwiches, making TASTE a must-try for all Richmonders.

- Andrew Mottley

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Is a hot dog a sandwich or not? We're not here to weigh in on the ever-contentious debate, but when you combine a hot dog with a BLT, it definitely becomes more sandwich-like — and way more delicious.

INGREDIENTS:

- 4 strips bacon
- 4 hot dogs (ideally Boar's Head Beef Frankfurters, but any all-beef variety will do)
- 4 hot dog buns
- 1 tbsp mayonnaise
- 1 head romaine lettuce, shredded
- 1 large tomato, seeded and diced
- Salt and pepper, to taste

DIRECTIONS:

1. Heat a skillet to medium and fry bacon until rendered and crisp. Transfer to a paper towel to drain.
2. Fry hot dogs in bacon drippings, creating a crust, and cook until warmed through.
3. Using a dry skillet or oven, toast buns.
4. Spread mayonnaise on buns, place hot dog and bacon inside, and top with tomatoes and lettuce. Serve.



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GOOD BOYS OF ANTIQUITY

DOGS IN ANCIENT LEGEND

Far before humans had written histories, we had dogs. From hunting and shepherding to playing and relaxing, our early ancestors had canine companions by their side, and their appreciation shows. As storytelling developed around the world, our four-legged friends became important characters. Here are a few ancient legends for the historical dog lover.

TARASCAN SPIRIT DOGS

Many Mesoamerican cultures featured dogs prominently in their myths and legends, especially in regard to the afterlife. One of the most notable of these comes from the Tarascan state, an empire that rivaled the Aztecs. The Tarascans believed canine spirits would search out the souls of lost humans and guide them safely out of the mortal world. Leave it to dogs to create ghost stories with happy endings.

TUIREN THE WOLFHOUND

In Irish folklore, Tuiren was a beautiful woman to be wed to Iollan Eachtach, but this love made Iollan's faery sweetheart jealous. In an attempt to ruin the young

woman's wedding, the faery turns Tuiren into a hound and gives her to Fergus Fionnliath, a renowned dog-hater. This cruel act backfires when the Irish wolfhound wins over Fergus, teaching him to love not just her but all dogs too. In fact, the man is crestfallen when his hound is revealed to be a human. Tuiren's nephew, the hero Fionn, cheers Fergus up with a new puppy!

YUDHISHTHIRA'S STRAY

The Indian epic "Mahabharata" is thought to date back to the eighth or ninth century B.C. and tells the story of two warring families. Toward the end of the tale, prince Yudhishtira and his family begin to ascend the Himalayas to reach



heaven, and a stray dog joins them on their journey. One by one, Yudhishtira's companions fall, until only the prince and his furry friend remain.

When the god Indra finally appears to offer Yudhishtira passage into heaven, he brings bad news: The dog cannot come with him. But Yudhishtira refuses to abandon his dog, explaining that he could never leave such a loyal, steadfast companion. Anyone who's turned down a great apartment offer because they don't allow pets can relate.