



The Mottley Law Firm

8001 Franklin Farms Drive, Suite 125
Richmond, Virginia 23229

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

www.MottleyLawFirm.com | (804) 823-2011

- 1 Tunes and Treasured Times
- 2 The Hidden Innovators Behind Baseball's Greatest Gear
From Marathons to Mulch
- 3 Recovery and Resilience
Simple Summer Garden Pasta
- 4 The Hottest Landscaping Fads This Season

PLANTING THE SEEDS OF STYLE

GET YOUR GARDEN BLOOMING WITH THESE BOLD TRENDS

Summer is in full bloom, and so are this year's biggest gardening trends! Whether you're a natural green thumb or just trying to keep a cactus alive, the hottest landscaping fads are here to help you grow your garden game to new heights. From living fences to bold colors and textures, we've got the dirt on what's blossoming in popularity this season. Ready to branch out and dig into the latest gardening trends? Let's get growing!

Living Fences

Do you want to add privacy to your space without sacrificing style or the environment? Living fences made of decorative hedges give your home a cozy cottage feel — private but attractive. Plants are an excellent way to enclose your space, beautify your yard, and support local wildlife while creating your oasis. Unlike solid walls, eye-catching hedges don't stop the eye or disrupt the overall aesthetic of your outdoor space.

Nostalgia Gardening

Travel back to a more sentimental time with nostalgia gardening. This style is about honoring the past and capturing the gardens' smells, sights, and feels from our childhood memories. Fill the space with fragrant, familiar flowers like the roses grandma always grew or lilacs that remind you of peaceful afternoons. Cozy touches like stepping stones and wooden benches can give your yard a feeling of timeless comfort, inviting you to slow down and appreciate the little things. It's about designing a space that feels like a warm hug from the past, where every bloom tells a story, and every corner holds a special place in your heart.

Bold Colors and Textures

Dare to go big and bright this year with plants that feature bold colors and unique textures or shapes. Look for non-conventional local plants to blend different leaf shapes and sizes to create a

dynamic landscape. Don't be afraid to highlight flowers in big bursts of reds, purples, and blues to bring a buzz of energy to your home. If you have wanted to experiment with strange plants or unusual varieties, now is the perfect time to let your imagination blossom. Think spiky succulents, tropical foliage, or unexpected patterns to make your yard a masterpiece.



THE MOTTLEY CREW REVIEW

06/25

www.MottleyLawFirm.com | (804) 823-2011

The Mottley Law Firm

SOUNDS FOR THE SOUL

THE MUSICAL MOMENTS THAT MOVE US

Some people enjoy a good tune now and then, and then there's *me*.

World Music Day, a global celebration of the sounds that shape and enrich our lives, is on June 21. There's no other topic I could dream of writing about this month because music is a significant part of my life. Like most people who feel songs in their hearts, my tastes are wide and versatile.

When I work out at the gym in the morning, I listen to the Lithium channel on SiriusXM, which captures my '90s grunge and alternative rock side. On long road trips, I typically go for bluegrass. When I'm working, I occasionally play piano-based classical music.

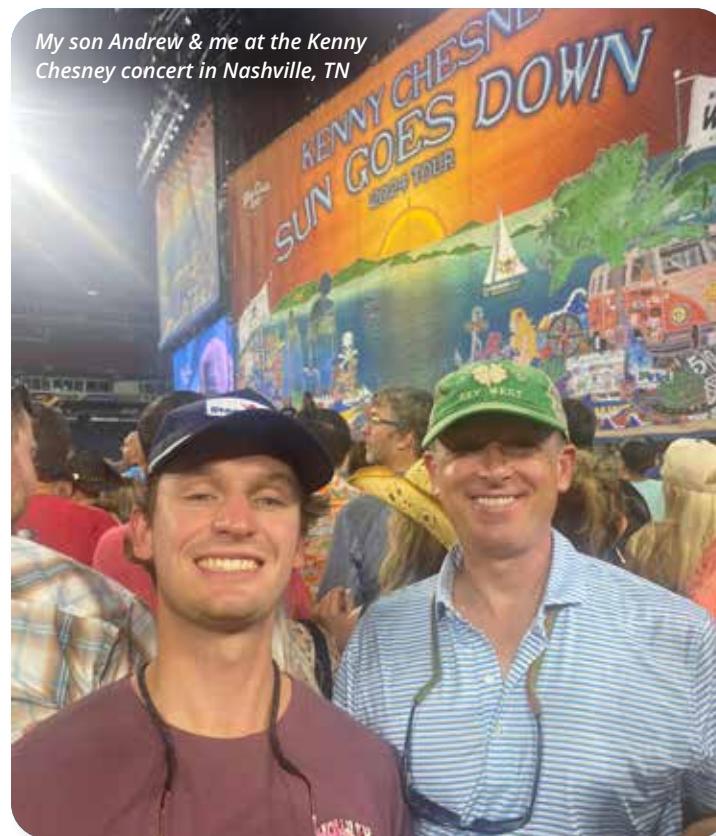
When I'm out grilling, I listen to Kenny Chesney or '90s-and-earlier country. When I'm home making dinner and enjoying a nice cocktail, I'll put on some jazz from the '40s to the '70s. Oh, and I'll also add some classic rock to my life mix from time to time.

As far as my favorite music, bluegrass wins every time. My first exposure to it came when someone dragged me to a concert in 1996. It's not surprising I caught the bluegrass bug then, as I got to see the best of the best on one stage: The David Grisman Quintet, The Del McCoury Band, Peter Rowan, and Tony Rice. To stress the significance of that lineup to non-bluegrass listeners, imagine The Beatles, The Rolling Stones, Jimi Hendrix, and Bob Dylan together on the same bill. I couldn't have asked for a better and more life-changing introduction to the genre. In my opinion, David is the best mandolin player who's ever walked the face of the Earth, while Tony Rice is perhaps the greatest acoustic guitarist the world will ever hear. If you're new to bluegrass, you can't do wrong by starting with those two artists.

Since then, my love of bluegrass has only grown to the point where I took up playing the mandolin about 10 years ago. Although I don't get to play it as often as I'd like, it feels like riding a bike whenever I do — even if I also feel the callouses coming back simultaneously. Becoming a more advanced player is one of my lifelong dreams.

As much as I love listening to music daily, nothing compares to experiencing it live. I've seen Billy Strings, my current favorite concert performer, five times in the last four years — everywhere from Richmond to Berkeley, California. I had the pleasure of being close to the stage at a Garth Brooks show at the height of his career in the early '90s, and I've already written about the Taylor Swift show I attended last year with my wife, Tricia, and our daughter, Catherine. There's a magic in taking in a live show that I can't find by listening to music on the radio or iTunes. It's also a reason thousands of people come together to enjoy themselves. That's never a bad thing.

—Kevin Mottley



My son Andrew & me at the Kenny Chesney concert in Nashville, TN

Meet the Minds Behind Baseball’s Iconic Equipment

A GLOVE, BAT, AND BALL TRANSFORMED BASEBALL FOREVER

Baseball may be America’s pastime, but it didn’t appear out of thin air. The game we know and love today is a patchwork of early stick-and-ball games, tracing back centuries to England’s cricket and even as far back as ancient civilizations like the Mayans and Egyptians. But modern baseball started taking shape in 19th-century New York. Enter the Knickerbocker Base Ball Club, which set the foundation in 1846 with official rules that included base paths, foul lines, and, *mercifully*, the elimination of tagging runners out by hurling the ball at them.

Of course, baseball wouldn’t be what it is today without the brilliant minds who revolutionized its *equipment*. **Three inventors, George Rawlings, John Hillerich, and Benjamin Shibe, took baseball’s core components and transformed them into game-changers.**

George Rawlings was the first to look at a player’s bruised and battered hands and think, “There’s got to be a better way.” As a sporting goods store owner, Rawlings designed a padded baseball glove, patenting it in 1885. With added felt and rubber padding, his glove gave players much-needed protection while fielding fast-moving balls. Today, Rawlings’ baseball gloves are as essential to the game as the bases themselves.

Then there’s John Hillerich, a German immigrant and skilled woodworker who ran a shop in Louisville, Kentucky. His game-changing moment came

when his baseball-loving son needed a better bat. Hillerich’s new design had a harder surface to help players drive the ball farther, and in 1902, the famous Louisville Slugger was patented. More than a century later, the bat remains one of the most iconic pieces of baseball equipment, wielded by legends past and present.

And finally, Benjamin Shibe, the “Edison of baseball.” Before Shibe, baseballs lacked the durability needed for a high-powered sport. In 1909, he patented the cork-centered baseball, a tougher, more resilient ball that allowed for stronger, farther hits. His creation became the official ball of Major League Baseball in 1911, forever altering how the game was played.

These three inventors helped shape baseball into the thrilling sport it is today. Next time you watch a game, remember that every leaping grab at the warning track, every solidly hit line drive, and every soaring home run snagged by an enthusiastic fan are built on a legacy of innovation.



My family on Kiawah Island, SC, last summer

Considering the twists and turns of the most recent winter, I know I’m not alone in my excitement for summer’s arrival. In fact, summer and fall are my favorite times of the year, especially since I’m a real wimp when it comes to the cold. I enjoy being outside and taking advantage of the nice weather to help me stay in great shape physically and mentally, but it wasn’t always this way.

ZEN AND ZOOM

A Medley of Summer Moments to Come

Back in 2008, I was well into my career as an attorney and gaining weight from spending too many hours in the office. That summer, I went to the beach and ... well ... let’s just say it dawned on me that it was time to get back into shape. I chose running as my most consistent way to burn calories and stay fit, and I’ve enjoyed it ever since. Although I usually run 3–5 miles in a usual jaunt, I’ve run in a couple of half-marathons over the years, including one in Charlottesville in 2022. Running is an interest my daughter, Sarah Ann, shares, and she will participate in a marathon in Scottsdale, Arizona, this November and has qualified to run in the Boston Marathon next year. Also, I’d be remiss if I didn’t thank my son, Andrew, who got me into hiking when I’d accompany him on his Boy Scout activities years ago. I still find contentment hitting the trails, which I plan to do a lot of this season, along with fishing.

When not moving forward on my feet this summer, I’ll be tending to the nature springing to life in my backyard. Although my grandparents’ gorgeous gardens always impressed me growing up, I didn’t take up the hobby until my wife, Tricia, and I purchased our first home in 1998. In 2022, we completely renovated the backyard at our current property, which allowed me to expand my garden and incorporate a Japanese theme to add an uncommon touch.

As you can tell, I try my best to make the most of the summer months, and I hope you get the chance to do the same this time around. I hope the season ahead treats you well — and, if you have any special summer fitness routines or traditions, I’d love to hear about them!

—Kevin Mottley

Mindset and Momentum

WORK LIFE AFTER A TBI

Whether sustained in an auto accident, a slip and fall, or a violent incident, a traumatic brain injury (TBI) can drastically alter a person’s daily life. Depending on the extent of the trauma, their full recovery can be a lengthy process or, in some severe cases, not fully attainable.

The realities of living with a TBI can hit especially hard when a person returns to the workplace and discovers they can no longer maintain their previous productivity. Fortunately, resuming your professional life after a TBI isn’t as daunting as it may seem. Here is an overview of laws and

protections to ensure TBI patients experience a smooth, supportive, and accommodating return to work.

Foundations for Flourishing

People with TBIs are entitled to return to the workplace without fear of discrimination. The Americans with Disabilities Act ensures that individuals with TBIs or other qualified conditions can return to work without their medical concerns putting their employment at risk. Additionally, employers must make reasonable accommodations to enable employees to fulfill their duties unless these special conditions would overburden the employer’s resources or capabilities.

Reasonable and Reassuring

What exactly is a “reasonable” accommodation? According to the Brain Injury Association of America, typical accommodations for employees with TBIs include flexible scheduling and part-time work arrangements, providing noise-canceling headphones, aides to maintain memory (digital reminders, written instructions, checklists, etc.), rest breaks, organizational apps, and speech-to-text technology. A person can formally request accommodations by providing the employer’s human resources department with documented evidence of the medical condition and a formal request. To ensure any arrangements made are acceptable, both parties must engage in interactive dialogue to identify the most effective workplace processes to follow and maintain proper records of all communications regarding them.

Struggles and Solutions

Naturally, a TBI can be challenging for patients and employers alike. However, employers are obligated to provide someone with this kind of injury with the opportunity to continue their work with comfort, security, and pride. Our firm is committed to protecting the rights of individuals with TBI and addressing workplace discrimination and other factors that prevent our clients from living fulfilling professional lives. Please contact us if you have concerns about working with a TBI or want additional information on your rights at work.

—Kevin Mottley

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

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

SUDOKU

Simple Summer Garden Pasta

Inspired by TheKitchn.com

INGREDIENTS

- 4 cups cherry tomatoes, halved
- 4 cloves garlic, minced
- 1/2 cup extra virgin olive oil
- 1 tsp red pepper flakes (optional, to taste)
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1 lb angel hair pasta
- 1 cup fresh basil
- 2 cups freshly grated Parmesan cheese
- Cooked, chopped chicken for serving (optional)

DIRECTIONS

1. In a large bowl, combine tomatoes, garlic, olive oil, red pepper flakes, salt, and black pepper and toss until well coated.
2. Cover and let the mixture sit at room temperature while the pasta cooks.
3. Add pasta to a pot of boiling water and cook per package directions until al dente.
4. Drain the pasta, reserving 1/4 cup of the pasta water to add to the tomato mixture.
5. Coarsely chop the basil leaves.
6. Add the pasta, Parmesan cheese, and chopped basil to the tomato mixture and toss again until combined.
7. Serving suggestion: Add cooked, chopped chicken for more protein!