



## INSIDE THIS ISSUE

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The Mottley Law Firm

- 1 My Journey With the Mandolin
- 2 Super Comics For Your Super Family  
Advice for Running With Dogs
- 3 Meet Trial and Appellate Litigation Attorney Ben Hyber  
Everything Popcorn
- 4 How to Make Your Sailing Dreams Come True

## SET SAIL FOR VACATION

### TAKE YOUR NEXT TRIP OFFSHORE

If you're lucky enough to have been aboard a ship under full sail, chances are you know the thrill and serenity sailing can give you. If you've never been but have always wanted to know what it's like to get out on the wind and waves, there are many great options available for beginners. Here are some ideas to inspire your next waterside vacation.

#### START SMALL

For those who dream of becoming a skipper one day, a great way to start is by sailing dinghies. These one-sail, beach-launch boats fit 1-2 people and can be rented at most water sports shops. If you want to make it a family experience, shops usually have 16-foot catamarans for rent as well. Catamarans have two hulls rather than one, making for a smoother, more spacious ride.

If you've never sailed before, inquire about lessons. Most rental operations have instructors on hand who can show you the ropes. The great thing about sailing is

that whether you're in a 12-foot dinghy or a 60-foot sloop, the same basic principles, rules, and skills apply.

#### TAKE A DAY SAIL

Many day-sail charters exist for those who want to go out a little farther than a dinghy would permit. If you've captained a boat and are familiar with the waters, you can apply for a bareboat charter. However, if you are inexperienced or simply don't want a local guide at the helm, signing up for a day trip with a skipper and crew is a great option.



#### DO A FULL CHARTER

Short of owning your own vessel, chartering a boat for multiple nights is the closest you can get to living out your nautical dreams. Some of the most beautiful destinations on earth — from the Caribbean Sea to the Mediterranean — are best experienced from the deck of a sailboat. Letting the sea guide you to amazing snorkeling destinations, remote cays, and bustling harbors is the stuff of real adventure.

## MY LOVE AFFAIR WITH THE MANDOLIN

My love affair with the mandolin can be traced back to 1996. I had just started working as a young lawyer when an older associate invited me to a bluegrass concert. I knew nothing about bluegrass, so when he rattled off the names David Grisman (the "Dawg"), Tony Rice, Peter Rowan, and Del McCoury, I just nodded. The seats were front row, middle of the aisle. Grisman blew me away, but Ronnie McCoury was also terrific. I came away hooked on the mandolin.



Kevin Mando

For the next 20 years, I just listened. I bought a lot of Dawg music and some others. I drove my kids crazy playing it in my car. I started wondering, "Could I ever play mandolin?"

One day after settling a case, I gazed out my office window and said, "Let's go buy a mandolin. You're not getting any younger!" When I walked in the door that night carrying a mandolin, I got some strange looks. But since then, the mandolin has been a fixture in our house.

I've never openly admitted this, but my secret dream is to play mandolin in a bluegrass band one day. I've always been able to sing, especially country. What's lacking is an instrument. Only one person on the planet has given me an inkling I can do it. He is Mike Marshall, my teacher, and coincidentally the Dawg's protégé. Mike is in California. I take lessons from him over the internet through video exchanges. Given my busy schedule, this way of learning has many advantages.



Mike Marshall

I'm having fun, and it helps get my mind off work. Even if I never achieve my dream, trying to achieve it is not a bad way to live. (Isn't that true of any dream?) Mike encourages beginners to think of their progression as being like a flower progressing from bud to full bloom. It is "perfect" every step along the way (although my family disagrees, I think).

Building my firm, I've learned that the path between setting a goal and accomplishing it is never straight. Things knock you off

course. The key to achieving any goal is refusing to quit. You must develop a "GPS system" in your brain that gets you back on course each time you take a detour.

I'm not a fan of New Year's resolutions. Most people who "resolve" to do something set themselves up for disappointment because they don't prepare for the most important thing — intermittent failure. That is to say, the resolution will be broken at some point. Once failure happens, many people simply give up as if they "just can't do it." Subconsciously they feel as if they must wait another year to start over again, as if we only get one chance per year to try. That's crazy. Every day is New Year's Day. You can always get back on course. What really counts is what happens after a setback.

That's been my story with the mandolin. Mike's mandolin school has three levels: beginner, intermediate, and advanced. Last year, my goal was to become a solid intermediate player. That didn't happen, so my goal for 2019 is to get there and then set my GPS for advanced.

I go through periods when I just can't do it. Too much is flying at me. My passion dips. But I always find my way back. I know I'd be further down the road had I not taken a detour. But that's okay, detours are part of the journey.

*-Kevin W. Mottley*





IT'S A BIRD! IT'S A PLANE! IT'S ...

### 3 GREAT FAMILY-FRIENDLY SUPERHERO COMICS

It's no secret that superhero movies are dominating the box office. The highest-grossing movies of 2018 (and the third and fourth highest-grossing of all time) were "Black Panther" and "Avengers: Infinity War." There's never been a better time to be a fan of superheroes or to become a fan of superhero comics. If your kids are interested in reading more about superheroes, here are a few great titles your whole family can enjoy together.

#### 'MS. MARVEL'

Since her debut in 2013, Kamala Khan, aka Ms. Marvel, has been a wildly popular character, and her comic has gained critical acclaim. A 2015 Hugo Award winner, "Ms. Marvel" explores what it means to be a teenager, a first-generation American, a friend, and a superhero. The storylines promote an important message: "Good is not a thing you are, it's a thing you do." In just a few years, Ms. Marvel has become an established superhero in comics, and it won't be long before she steps onto the big screen with a live-action movie.

#### 'SUPER SONS: THE POLARSHIELD PROJECT'

Jon Kent, son of Superman, and Damian Wayne, son of Batman, couldn't be more different. But when a mysterious force threatens the world, these super sons must learn to trust each other — and themselves — to save the day. Based on the hit "Super Sons" comic book series, "Super Sons: The Polarshield Project" doesn't hit shelves until April 2, 2019, which means you and your kids have plenty of time to reserve a copy of this graphic novel at your local comic book shop!

#### 'CHAMPIONS'

"Champions" is a story about teenage superheroes, but don't expect pizza or relationship drama in these panels. These comics tackle how young people today approach problems, with a readiness to rally together and take matters into their own hands. "Champions" doesn't shy away from hard topics, making it more appropriate for older kids and teens. But that doesn't mean this story lacks heart or humor. Featuring comic favorites like Ms. Marvel and Spider-Man as well as popular newcomers, "Champions" is about identity, purpose, and what it really means to save the world.

Find these titles and other incredible stories at your local comic book shop.

## THE TROUBLES AND TRIUMPHS OF RUNNING WITH DOGS

### HOW TO KEEP YOUR BEST BUDDY SAFE

Back in February, 2018, our dog Winston joined the family as the newest addition, officially taking his place as the "little brother" of our older dog, Quincy. Quincy, a 9-year-old Bichon, is more like a cat than anything. He wakes up, eats, goes outside, comes back in, and sleeps again. On occasion, he'll roll over, grunt, scratch, or move from one sunny spot to another. But that's about the extent of his bag of tricks.



Winston is a totally different story. He's a Samoyed, which is a breed straight out of Siberia bred to herd reindeer and pull people around on dog sleds. Samoyeds are strong, energetic dogs, who can pull a person with ease. Pretty soon, it became very apparent that Winston was going to need a lot more exercise than Quincy.

A dog from Siberia is not very comfortable in the notorious Richmond summer heat, so when the days started getting colder, I began taking Winston running with me to burn off some of his endless energy. Now he's fully taken to it and is my favorite weekend running partner. The payoff is that he's a lot more mellow on Saturday afternoon after he's gotten in a good run. Running with dogs is not for everybody — or every dog for that matter. But if you feel inclined to try it with your dog, here are some quick tips.

- Running with a dog can be dangerous. Don't try it until your dog is leash trained and knows where they should be: to the left of you and within easy reach of your left hand. If your dog is constantly trying to pull you or cut behind or in front of you, you're going to end up falling flat on your face and getting seriously hurt.
- I use a 4-foot leash that I wrap around my left wrist together with a gentle leader around Winston's nose. This allows me to guide him by just giving slight tugs or pulls on the leader to keep him in line. While teaching the dog to run with you, keep the leash short so you have better control.
- Chalk up the first quarter-mile of a dog run as a start-stop, walk-run type of warm up. In addition to getting warm, your dog will need to scratch, sniff, and do what dogs do before they run. They can't just "take off" on a run. Once they get it out of their system, let them know it is time to run and start.
- Dogs can get injured too. If your dog is an adolescent, remember that the musculoskeletal system is still growing and maturing. A lot of larger dogs are prone to hip problems, and not every dog is built to run. See the discussion of Quincy above. Just use common sense here.
- Personally, I'd avoid running with your dog when it's hot. With that in mind, if you sense they need a break, then definitely take a break. For Winston, the cold winter air gives him a ton of energy, but even when it's cold, he reaches a point where he's done. Then we'll just slowly walk to cool down.
- Finally, trail running with your pooch is a lot more enjoyable for them than street running, and it's safer for their joints, too, so hit the trails.

If you take a moment to heed my advice, you're bound to have a happy run with your pooch. Now get out there and let them live a little.

## SPOTLIGHT ON BEN KYBER

### THE MOTTLEY LAW FIRM'S SECRET WEAPON

When Ben Kyber found the law, he knew it was his calling. Ben wasn't born into a family of lawyers, but his parents, a journalist and a PR professional, instilled in him a love of the written word from an early age. Couple that with his inquisitive nature, and the interest in public policy he developed as an undergraduate at the College of William and Mary, and Ben soon realized that law school was the right place for him. His experiences since then have only confirmed that.

After graduating from law school at the University of Virginia, Ben spent a year clerking for Justice Elizabeth A. McClanahan of the Supreme Court of Virginia and has practiced at the Mottley Law Firm now for almost five years. Although his practice encompasses all of the firm's practice areas, Ben has a particular interest in, and knack for, appellate litigation. There is nothing more satisfying to Ben than putting the puzzle

pieces together in a legal brief and creating a clear picture of the key issues that will help a client win their case, especially after they have already fought a tough battle in the trial court. That's what keeps bringing him back — and what keeps his clients coming back too.

Ben's passion for the law is matched only by his love of his hometown of Richmond and his home state of Virginia, which he has yet to finish exploring. When he's not in court advocating for his clients, Ben likes to be on the tennis court and loves picking up a racket to play when it's time to unwind. Off the court, Ben spends much of his free time enjoying local craft breweries and restaurants with his friends, cheering on his favorite sports teams, and going to concerts with his soon-to-be wife, Anne Stewart. The pair are set to wed this June, and if you ask her, it's about time.



## SUDOKU

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

### SOLUTION

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



EVERYTHING  
POPCORN

### INGREDIENTS:

- 3/4 cup popcorn kernels
- 2 tablespoons flaky sea salt
- 1 teaspoon black sesame seeds
- 2 teaspoons white sesame seeds
- 2 teaspoons granulated garlic
- 2 teaspoons granulated onion
- 1/3 cup canola oil
- 4 tablespoons unsalted butter, melted

### DIRECTIONS:

1. In a small skillet over medium heat, toast sesame seeds. Shake skillet often and cook until white seeds are golden and fragrant, about 2 minutes. Transfer to a small bowl and add garlic, onion, and salt.
2. In a large saucepan, combine popcorn kernels and oil. Cook over medium-high heat, covered, until popcorn kernels start to pop. Once popping, continue cooking and shaking the pan intermittently until popping ceases, about 3–5 minutes.
3. Transfer popcorn to a large mixing bowl. Pour in butter and toss to coat. Finally, add seasoning, toss again, and serve.

Inspired by Food & Wine magazine