



THANKSGIVING MATCHUPS

FOOTBALL RIVALS SQUARE UP FOR THE HOLIDAYS

Hanging out with family, cooking, and eating great food are high on the list of things I love about Thanksgiving. But right up there on that list is college football. For my family, the traditional focus has been the annual Virginia Tech versus University of Virginia game. But this year, with my son at South Carolina, we've added a new treat to our table — the annual Clemson versus USC game. I'll be in Columbia, South Carolina, for that one, and I'm excited about the change of scenery. This year, we're rooting for the birds in the Mottley house: the Hokies and the Gamecocks. Here's my primer on these two rivalry games to get your mouth watering.



VIRGINIA TECH VS. UNIVERSITY OF VIRGINIA

Date & Time: Nov. 29, 2019, TBA
Place: Scott Stadium, Charlottesville, Virginia
Television: TBA
At Stake: The Commonwealth Cup; VT's 15-game win streak against the Cavaliers; First place in the ACC Coastal Division

I was fortunate to go to both schools — Tech for undergrad and Virginia for law school. That's a unique combination and a good conversation piece at cocktail parties. But it can be a tough line to walk, as I soon found out in law school. My UVA friends, one of whom played on the 'Hoos 1990 No. 1 team (which, as I often reminded him, got embarrassed by the Hokies on Thanksgiving weekend in 1990), raised a

suspicious eyebrow when they realized I was a Hokie. And my Tech friends couldn't understand why I'd ever consider UVA for law school. My explanation was that I was "captured and held prisoner of war at UVA and decided to get a law degree while I was there." They got that. By contrast, my UVA friends would ask, "So, who do you root for?" I would just look at them and think, "Are you serious? I thought you were smart enough to get into UVA." A Tech fan would never ask such a question. And that tells you something about the rivalry and the attitudes at both schools.

Tech leads the rivalry 58-37-5, and the series has had some fantastic games over the years, including last year's game. But in some of the more recent games, the rivalry has been kind of like watching two mules fight over a turnip in the backyard. Don't get me wrong; it's still fun to watch. But even the most die-hard fan will tell you the luster has been taken off the game as compared to the 1990s and that Tech's 15-game win streak isn't healthy for the rivalry. But last year's game was a nail-biter, and I feel this year's game will be just as close. Tech fans must admit they're worried about losing to a Virginia team that is, dare I say, on the rise? And the UVA fans are certainly wondering by now if their early season success was a mirage in the desert of ACC mediocrity. And the game suddenly has Coastal Division title implications, with the winner getting a chance to lose to Clemson. So yes, friends, we have something to fight about in the Commonwealth. Game on!

My prediction: Virginia Tech 31–Virginia 24



CLEMSON VS. SOUTH CAROLINA

Date & Time: Nov. 30, 2019, TBA
Place: Williams-Brice Stadium, Columbia, South Carolina
Television: TBA
At Stake: The Palmetto Bowl title; Clemson's spot in the CFB Playoff

Here is the background on this game, dubbed the "Palmetto Bowl." First played in 1896, the game is described by PalmettoBowl.com to be "the second-longest continuous rivalry in Division I college football and the longest uninterrupted rivalry series in the South." I quickly discovered doing some independent research that both claims are highly questionable, but what the heck?

Clemson holds the lead in the series by a wide margin (70-42-4), but the series has been split 5-5 over the last decade, with Clemson on a five-game win streak that was preceded by USC's own five-game win streak

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TEA TIME

WHAT'S SWIRLING AROUND IN YOUR CUP?

Tea has been consumed for thousands of years and is the second-most popular drink in the world, with water being the first. It is the national drink of several nations, including China and India, and is an integral component of religious ceremonies the world over. Drinking tea has been known to reduce stress, promote relaxation, and improve sleep. In addition to these instant benefits, tea can also help improve a person's long-term health through regular consumption.

YOUR HEART

According to Harvard Health Institute, several studies show that those who regularly drink black and green tea are at a lower risk of developing cardiovascular disease. These types of tea contain antioxidants and flavonoids, which are plant chemicals that help dilate arteries and reduce bad cholesterol. Studies also link tea consumption with improved vascular reactivity — how well your blood vessels respond to stress.

YOUR BRAIN

Flavonoids don't only fight heart disease; these chemicals can also reduce any vascular damage to the brain. The National University of Singapore has conducted studies that link reduced risks of dementia in the elderly with regular tea consumption. The results speak for themselves: "The longitudinal study involving 957 Chinese seniors aged 55 years or older has found that regular consumption of tea lowers the risk of cognitive decline in the elderly by 50%, while APOE e4 gene carriers who are genetically at risk of developing Alzheimer's disease may experience a reduction in cognitive impairment risk by as much as 86%."

YOUR MOOD

Tea leaves contain the amino acid L-theanine, which stimulates several feel-good neurotransmitters, like serotonin and gamma-Aminobutyric acid (GABA). These neurotransmitters help boost your mood and alertness. According to a study by the Huazhong University of Science and Technology in China, tea even has the ability to ward off depression. The study took 22,817 participants with 4,743 cases of depression over 11 studies, and 13 reports found that individuals who drank three cups of tea a day decreased their depression risk by 37%.

So, the next time you want a warm beverage that will do your mind and body good, reach for some tea and bask in all the health benefits as you sip.



HOW TO WINTERIZE YOUR PETS

THE BEST WAYS TO KEEP YOUR FURRY FRIENDS WARM

As we approach the winter season, we start to bundle up, but what about our pets? Our animals have amazing fur coats that get thicker, but they can only protect them so much. To avoid unnecessary vet visits, here are a couple helpful tips that will keep your pets warm this winter season.

COATS

Lower temperatures can overwhelm your pet's heat regulation, so when their fur gets wet, they lose the ability to insulate themselves. When they can't keep warm, their extremities, like their nose, toes, and ears, are all vulnerable to frostbite. To help keep your dogs and cats properly insulated, put a sweater or coat on them before they brave the weather.



Unfortunately, wet coats and sweaters can give your furry friend hypothermia, so remove extra layers after they come inside. Be aware that salt spread can burn the pads of their feet, so slip baby socks onto their paws when they're inside to get them used to wearing booties.

OUTSIDE PROTECTION

Even if your dogs and cats have a pet door, it's never a bad idea to maintain a warm shelter for them to visit outside when they get cold. Make sure your pet's shelter is beneath a carport, porch awning, or extended roof that is dry and draft-free. If you feel like your animals need more warmth, some companies make pressure-sensitive bed warmers that are perfect for a pet's shelter.

Put a heated water bowl in their shelter to keep them from eating any questionable snow. Animals have a natural tendency to eat more and bulk up over the winter, so make sure to put some food in their shelter as well.

While many animals enjoy the cold weather, it's essential to keep your pet's health in mind. If you're feeling frozen, chances are they are too. If you need more ways to help keep your four-legged family members warm, visit ASPCA.org.

HOW TO AVOID FLAMES, FEATHERS, AND SALMONELLA THIS THANKSGIVING

HOLIDAY KITCHEN SAFETY TIPS

Thanksgiving is the perfect occasion to spend time with loved ones, but it can also be an opportunity for mishaps. According to the National Fire Protection Association, *"Three times as many home cooking fires occur on Thanksgiving as on a typical day."* So, here are a few ways you can avoid the ER and the fire department this Thanksgiving.



Make sure your stove is tended to at all times. If you're shorthanded, set a timer to check on the turkey frequently. If you're using a gas stove, be aware that they produce an alarming amount of carbon dioxide, so open all your vents and crack your windows two inches. As an extra precaution, place new batteries in your fire alarms to ensure they're working correctly. Take this as an opportunity to ensure your fire extinguisher is easily accessible and that everyone knows how to use it.

If you're going the deep-fryer route and experience a grease fire, don't use water to douse the flames, as it will only cause the fire to spread. Turn off the burner and cover the fire with baking soda. Appliances like your stove, oven, and crockpot can cause severe burns, so restrict the area to adults only.

When cooking the turkey, use a food thermometer to ensure it's fully cooked, and cook all the stuffing contents before sticking them into the turkey. Remember to never handle raw and cooked food together, as it creates a high risk of salmonella.

The holiday season is also prime flu season, so wash your hands before and after dinner is served. If you have leftovers, make sure to eat them within three days or put them in the freezer to be preserved longer.

Before turning in for the night, make sure all kitchen appliances are turned off and that any sharp objects are put away. If you want more useful kitchen safety tips, be sure to check out NFPA.org!

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between 2009 and 2013. So, think of this year's game as game 11 in an 11-game series.

The rivalry has, in recent memory, been more competitive than the Commonwealth Cup. Last year's game was played at Clemson and was the first Palmetto Bowl I watched. To my surprise, USC went toe-to-toe with Clemson for most of the game until finally giving in to the eventual national champs.

This year's matchup could be even more competitive. Clemson has struggled in some ACC games, such as narrowly escaping UNC. At the same time, USC has shown signs of being dangerous, beating Georgia on the road in Athens and giving Florida a run for their money in Columbia. And, of course, the home-field advantage goes to the Gamecocks this year. Nevertheless, I think Clemson has too much firepower for the Gamecocks, who've displayed a knack for fading down the stretch in big games.

My prediction:

Clemson 24-South Carolina 20

-Kevin W. Mottley



THE BEST LEFTOVER TURKEY SANDWICH

Thanksgiving may be held on Thursday, but the food often lasts at least through the weekend. To make the best use of the excess, grill up some killer turkey sandwiches.

INGREDIENTS:

- 2 slices sourdough bread
- 2 tsp Dijon mustard
- 2 slices Swiss cheese
- 1/3 cup shredded leftover turkey
- 3 tsp leftover cranberry sauce
- 1/3 cup leftover dressing or stuffing
- 2 tsp leftover gravy
- 1 tsp butter, room temperature

Note: Don't worry if you don't have all the leftovers required.

DIRECTIONS:

1. Coat inside of each bread slice with mustard and a slice of cheese. Place turkey and cranberry sauce on one slice and dressing and gravy on the other.
2. Combine sandwich and spread butter on both sides.
3. In a panini maker or large skillet, grill until crispy and golden brown.
4. Slice and serve.



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NOT YOUR ORDINARY TURKEY SHOOT

THE CRAZY CASE OF JACOBS V. KENT

It began like any other hunting excursion. Neil Jacobs was walking softly through the bushes, looking for a spot to hunker down and watch for a flock of turkeys. The only problem was that someone beat him to that neck of the woods. James Kent had established a hunting spot for himself, and, when he heard rustling and gobbling in some nearby bushes and saw a flash of red, he took aim and fired.

Unfortunately, the movement in the bushes was not a turkey. Kent was horrified to find that he had shot Jacobs. Jacobs promptly moved for a partial summary judgment against Kent on the basis that he had failed to determine that Jacobs was not a turkey but, in fact, a human being. Kent cross-moved for summary judgment, saying Jacobs should

have expected risks when he stepped into a popular hunting environment.

When their case came before the Supreme Court of the 4th District of New York, the courts denied both the motion and the cross-motion. They agreed that Jacobs had assumed the inherent risks of hunting — just not the risks it would be unreasonable to assume, like getting shot by another hunter who thought you were a turkey. Beyond that, the courts did not pronounce judgment because they did not have enough verifiable facts.

Jacobs asserted that turkey hunters should not shoot unless they can see the turkey and verify its gender. The court could not determine whether Kent had failed to follow this rule when he shot



Jacobs. They also could not determine whether the doctrine of primary assumption of risk, which Kent pointed to in his defense, was even applicable. The court also called into question whether Jacobs had also been negligent. Ultimately, the case didn't move forward.

Maybe next time, they should just try getting a turkey from the supermarket.