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The Mottley Law Firm

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WHAT CAN WE BE THANKFUL FOR IN A YEAR LIKE THIS?

A LOOK BACK AT THE WACKY RIDE OF 2020

This November, I decided to take a road trip! This four-day retreat was a much-needed break from the practice of law. It was filled with fishing, hunting, and college football. The icing on the cake was catching up with my son at the University of South Carolina. We went to see the Gamecocks take on the Texas A&M Aggies that weekend in a stadium that holds over 80,000. That night, it only had about 20,000 fans in attendance. The closest fans to us were about 30 feet away. What a change from last year.

back at that perky January article and feel hopeless about the contrast, but that is not how I see it. The way I see it, if you could survive this year, you're unstoppable! I'm still looking at the world through an optimistic lens, and this holiday season, I think we all have a tremendous amount to be thankful for.



This trip was super fun, but I had a lot of windshield time to just think. Has there ever been a year as wild as this one? Nothing comes to mind in my lifetime. Between the pandemic, the presidential election, and all of the political unrest sweeping our country, 2020 has been one wacky ride. Back in January, I started out the year optimistically by writing an article for this very newsletter called "2020 Here We Come." (Yes, I see the irony now!)

At this point, you might be thinking, "Kevin, what can we possibly be thankful for in a year like this?" and that's totally understandable. Your circumstances are different from mine. But personally, I'm extremely grateful that my family is nearby, safe, and healthy. I'm thankful that even though we had to put off the vacations, graduations, and reunions that we'd planned at the beginning of the year, we're still finding ways to keep in touch.

In addition to all that, I'm thankful for the little things in life that make me happy, like running outdoors, spending time with my family and dogs, and even just enjoying my new office. Moving to this big, beautiful office space was one of the highlights of my year, and I really look forward to coming here every day. It's great to have this peaceful spot to really focus on my clients' cases and dig into the details of operating my business.

You might recall that I was very excited for what the upcoming year had in store, and I went into great detail about the personal and professional goals I'd set. I was looking forward to pursuing them, and I laid out my process of goal-setting, including making deadlines and blocking off time on my calendar to take the little actions necessary to achieve my aims. It was a good plan, but as we all know, 2020 didn't follow the script. This year has been one gut punch after another, and it knocked us all off our normal routines — my firm included.

I'm also thankful to live in a country where I'm free to start a business and pursue my dreams. Yes, 2020 has been a year of anxiety on many fronts, but even so, it's a wonderful thing to have control over your own future. That's a privilege that people don't have in the vast majority of the world, and I think we're blessed with it. The day after election day this year, I was scrolling through my Instagram feed and came across a video message from a very well-known entrepreneur I follow. His message was basically this: Whatever your political persuasion, whether you're happy or unhappy about the election, remember this: YOU are in control of your happiness. No one else.

I'm not saying all of this to dismiss the pain and struggles 2020 brought. Rather, I want to remind you (and myself) that like all horrible things, this, too, will pass. It might seem crazy, but I'm still an optimist. I'm just as excited for the future now as I was back in January when I wrote "2020 Here We Come." My firm may not have accomplished all of our goals this year, but we're going to readjust, reorient, and go after them just as doggedly in 2021. I hope that in your personal and professional life, you choose to do the same.

Now that we are in the holiday season and it's the season of giving thanks, it's clear that virtually every goal my team and I set for the year has been bumped off schedule by the pandemic. Some people might look

From my family to yours, happy holidays!

Kevin Mottley

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- 1/2 tsp black pepper
- Cilantro, for garnish
- 1/8 tsp ground cloves
- Sour cream, for garnish
- 1/8 tsp cayenne pepper

Ingredients

- 1 lb kielbasa, cut into 1/4-inch slices
- 2 qts chicken broth
- Vegetable oil, as needed
- 1 lb red potatoes, cut into 1/2-inch cubes
- 8 cloves garlic, minced
- 6 oz kale, torn into 1-inch pieces
- 1 lb dried red kidney beans, soaked 4 hours or overnight
- 1/2 cup red wine vinegar
- 1/2 tsp black pepper

Directions

1. In a 7-quart Dutch oven over medium-low heat, brown the kielbasa for 15 minutes. Remove the sausage and set aside.
2. If there is not at least 2 tsp of fat left in the Dutch oven, add vegetable oil to make up the difference.
3. Add the garlic and cook for 1–2 minutes, stirring continuously. Then, add the beans and chicken broth and cook, covered, for 45 minutes.
4. Add the potatoes, cover, and cook for 15 minutes, stirring occasionally. Then, add the kale and cook for 10 more minutes.
5. Add the vinegar and pepper, then return the kielbasa to the pot. Cook until heated through and serve!

Inspired by AltonBrown.com

Directions

1. In a skillet over medium-high heat, add the vegetable oil, then saute the chicken, onion, and garlic for 10 minutes or until the chicken is cooked.
2. Add the remaining ingredients, starting with the chicken broth.
3. Bring the soup to a boil, then reduce the heat and simmer for 30 minutes.
4. Serve topped with cilantro and sour cream.

Inspired by Southern Living magazine



ALTON BROWN'S CHRISTMAS SOUP

No one knows soup better than Alton Brown! I love making this sausage- and kale-packed recipe when it's particularly cold outside and I can take time to let the beans soak overnight. This recipe serves 4 people.

TOP 5 HEALTHY LIFE HACKS TO HAVE AN AWESOME MORNING



Getting your day started with coffee isn't always enough. Sometimes, you need to give yourself an extra boost, especially when you have little energy or trouble focusing. For an awesome start to your day, here are five tips to get you going right off the bat.

WAKE UP 5 MINUTES EARLY.

What's the power of five minutes? It can be more than you think. Spend this time doing simple breathing exercises or a quick meditation so you can get focused for the rest of the day. If that's not your style, you can prepare a quick to-do list for your day ahead. Either way, it's always nice to have a little extra time for yourself without losing too much sleep.

START WITH GREEN TEA, THEN COFFEE.

A cup of coffee at 7 a.m. can leave you burned out by 10 a.m. Try swapping it with green tea for a more gentle wake-up call. After that, you can brew your favorite coffee to keep you going strong. This practice also might help you consume less caffeine overall!

TAKE A QUICK MORNING WALK — AND HAVE YOUR MEETINGS ON THE GO.

Morning meetings can make us want to fall asleep again. Don't spend all of them sitting down if you don't have to! Not only will morning walks help you wake up, but they can also add some extra physical activity to your day.

WRITE IN YOUR JOURNAL.

Who says you have to journal at the end of the day when you're tired and ready to sleep? You can journal in the morning about what happened yesterday and the things you're looking forward to that day. Journaling can remind you of your daily goals and motivate you to stick to your commitments.

PACK YOUR LUNCH (OR SNACKS!).

Staying on track with your goals starts with having the energy to do them. Plan a healthy balance of fats, vegetables, carbohydrates, and proteins. This can be as simple as assembling dips, carrots, wraps, and salads each morning.

It's time to try these tactics to jump-start your day!

3 MEMORABLE THANKSGIVING DAY FOOTBALL PLAYS



Thanksgiving is all about good food, family, and football. Each year, football fans look forward to sitting down and watching the game with their family, regardless of whether or not their team is playing. While many games have been played over the years, some stand out more than others because of some major players and their quick actions. Here are three individuals who made their Thanksgiving Day games ones to remember.

LAWRENCE TAYLOR

New York Giants linebacker Lawrence Taylor was said to have "single-handedly" beat the Detroit Lions in this memorable 1982 Thanksgiving Day matchup. The game was only the fourth of the season for Taylor, who had just recovered from a sprained knee injury suffered in a previous game. With the score tied at 6-6 in the fourth quarter, Taylor intercepted the ball from the Lions quarterback, Gary Danielson, and ran it 97 yards for a touchdown.

LEON LETT

The Miami Dolphins were up against the Dallas Cowboys on Thanksgiving Day in 1993. This game was marked by its strange weather: Snow covered the field in Dallas, and temperatures reached only 26 degrees F. But that wasn't what made the game memorable. In the last 15 seconds of the game, the Cowboys blocked the Dolphins' last 40-yard field goal attempt. As the ball was rolling on the ground, Cowboys defensive tackle Leon Lett dove for it but slipped and missed. The Dolphins recovered the ball and were given the chance to kick another field goal at the 1-yard line. The attempt was successful, and they won the game.

PHIL LUCKETT

One of the most memorable moments during a Thanksgiving game took place in 1998, when the Pittsburgh Steelers and the Detroit Lions entered overtime in a 16-16 tie. Referee Phil Lockett oversaw the coin toss, and that's when things became tense. Steelers running back Jerome Bettis appeared to call tails, but Lockett said, "Heads is the call." Upon review later, officials discovered that Bettis changed his mind mid-toss and had indeed called heads first. The Lions got first possession and scored a field goal to win the game.



IT'S SOUP SEASON!

ENJOY MY 4 FAVORITE RECIPES



I'm a real food guy, and as you know, I love to cook. With the cooler temperatures, my thoughts have turned to hot stews and soups. For this month's newsletter, I thought I would share a few of my favorites for this time of year: Italian vegetable soup, butternut squash soup, white Christmas chili, and Alton Brown's Christmas soup. Enjoy!

ITALIAN VEGETABLE SOUP

This should really be called "Italian vegetable beef soup" because it's full of beef. In my family, this is at the top of the list when it comes to heavy fall and winter soups. One bowl of this tasty dish is an entire meal filled with piping hot vegetables and beef. Don't skip the shredded cabbage or the freshly grated Parmigiano! This recipe serves 10-12 people.

Ingredients

- 1 lb ground beef
- 1 cup onion, diced
- 1 cup celery, sliced
- 1 cup carrot, sliced
- 2 cloves garlic, minced
- 1 16-oz can tomatoes
- 1 15 1/2-oz can kidney beans, undrained
- 2 cups water
- 5 tsp beef bouillon granules
- 2 tbsp dried parsley
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp black pepper
- Salt, to taste
- 2 cups shredded cabbage
- 1 cup green beans, fresh or frozen
- 1/2 cup small elbow macaroni
- Parmigiano Reggiano cheese, grated, for garnish

Directions

1. In a heavy stockpot over medium-high heat, brown the beef. Once cooked, drain excess liquid.
2. Add all ingredients to the stockpot **except** for the cabbage, green beans, and macaroni.
3. Bring the soup to a boil, reduce the heat, cover, and simmer for 20 minutes.
4. Add the final three ingredients and bring the soup back to a boil.
5. Reduce the heat, cover, and simmer until the vegetables are tender.
6. Serve garnished with grated Parmigiano Reggiano.

Inspired by The Junior League of Hampton Roads' "Very Virginia" cookbook.

BUTTERNUT SQUASH SOUP

This recipe is also fantastic when made with the smaller honeynut squash instead of butternut, if you can find it. You'll get a nuttier, sweeter taste using those, which I actually prefer! This recipe serves 4-6 people.

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1 medium butternut squash, peeled and chopped
- 2 cloves garlic, minced
- 6 cups hot chicken stock
- 1 tsp fresh thyme, chopped
- 1 tsp fresh sage, chopped
- 3/4 cup heavy cream, divided
- Salt and pepper, to taste
- 1/4 cup sour cream

Directions

1. In a large pot over medium-high heat, heat the olive oil. Add the onions and cook for 5 minutes.
2. Add the squash and cook, stirring occasionally, for 8-10 minutes or until it starts to brown. Add the garlic and cook for another minute.
3. Add the chicken stock, thyme, and sage. Simmer for 10-15 minutes, then stir in 1/2 cup heavy cream.
4. Using an immersion blender, puree the soup. Season with salt and pepper.
5. In a small bowl, mix the remaining 1/4 cup heavy cream and sour cream until fully combined.
6. Serve the soup, drizzling the cream mixture over the top.

Inspired by FoodNetwork.com

WHITE CHRISTMAS CHILI

This fresh take on the classic beef and bean-based chili is perfect for the holidays. It serves 12 people.

Ingredients

- 1 tbsp vegetable oil
- 4 skinless, boneless chicken breasts, cubed
- 2 onions, chopped
- 2 cloves garlic, chopped
- 4 cups chicken broth
- 5 15-oz cans cannellini beans, drained and rinsed
- (mash one can and leave the others whole)
- 2 4 1/2-oz cans chopped green chilis
- 1 tsp salt
- 3/4 tsp dried oregano
- 1 tsp ground cumin
- 1/2 tsp chili powder

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