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## ALL THIS FOR A TRUCKLE OF CHEESE?

### WHAT IS CHEESE ROLLING?

During the spring, the southwest part of England hosts one of the strangest sports each year — cheese rolling. People worldwide travel to watch and participate as contestants launch themselves down a hill in pursuit of a round of cheese. But how did this sport come to be? It's kind of a mystery.

No one really knows the origins of cheese rolling. For as long as the locals can remember, the sport has always been there. Several theories attempt to explain how the sport came about. One theory states that the competition started in the 15th century, and racing down the hill was a way to establish grazing rights on the commons. Others say the game has a pagan origin, where people would throw bundles of brushwood down the hill to represent the new year once winter ends. Although its roots are unknown, locals have kept score since the 1970s and watched it gain in popularity over the years.

#### What are the rules?

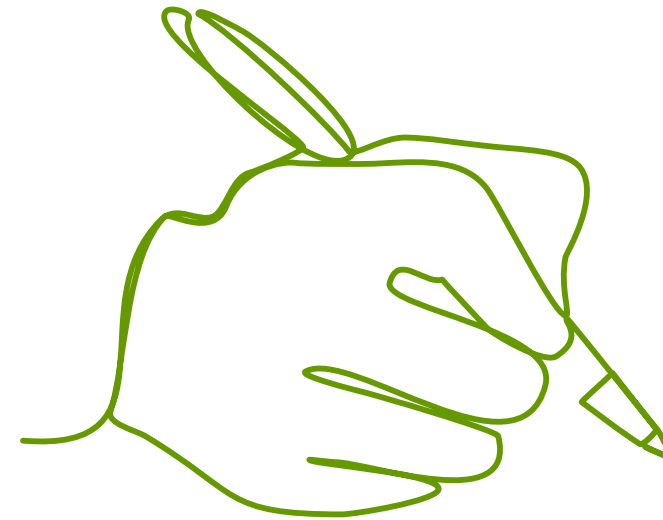
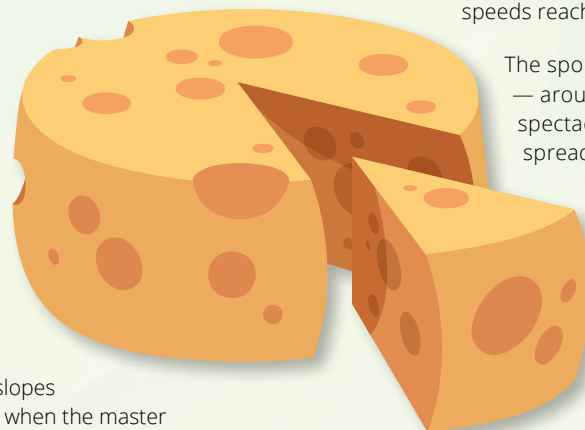
Competitors begin the race at the top of Cooper's Hill in Brockworth, Gloucester, which slopes downward at an almost 90-degree angle. Then, when the master

of ceremonies tells you to go, you launch yourself down the mountain. The first person to grab the 8-pound wheel of double cream Gloucester (which has never been done before) or cross the finish line at the bottom (about 200 yards) will win the race and the cheese.

You don't need to meet any criteria or fill out any paperwork to participate. Simply arrive at the top of the hill before the race begins, and you're all set. But participating is at your own risk: Many people suffer severe injuries because you're going down the hill at speeds reaching 70 mph.

The sport has gained many fans over the years — around 15,000 attendees come to view the spectacle annually. The media attention further spreads the interest and popularity of cheese rolling. Many YouTube channels cover the sport, and a Netflix show titled "We Are the Champions" has an episode covering the sport and how competitors train.

Can you believe all of this excitement and fame over a truckle of cheese?



## MY DREAM RETIREMENT CAREER?

### WHEN I LEAVE LAW, WILL I DO THIS NEXT?

Don't let the title of this article scare you — I'm not planning my retirement any time soon. But when I *am* ready to leave law for a quieter life, I've given thought to becoming a writer.

November is National Novel Writing Month, so it seemed like the perfect time to share this idea. I've given quite a bit of thought to writing over the years. When I was younger, I didn't think I had a knack for it, but my legal career forced me to become a good writer. I eventually developed a passion for it.

The more I wrote, the more I enjoyed the process. And as I grew to enjoy it, I've toyed with the idea of writing a novel more and more.

I wouldn't be the first lawyer to go down this path. Many other attorneys have become fantastic fiction writers, including John Grisham and David Baldacci. You can read more about them on Page 2. (I've been lucky enough to meet Grisham!) Their careers have inspired and pushed me further in my own writing.

Grisham and Baldacci both write legal thrillers, as expected given their previous careers. As lawyers, we have interesting interactions with all kinds of people — and, if we're lucky, we experience intriguing legal situations daily. I'm sure Grisham and Baldacci's careers provided excellent raw material for their books.

Looking back at my own career, it's easy to see how my cases could become thrilling, dramatic stories with just a few fictional tweaks.

Of course, I'd never disclose a client's identity or write explicitly about their case — that would be a breach of confidentiality!

There are a few shameless characters out there who take advantage of their clients for profit, but I don't know how they can sleep at night.

But I doubt I'd go the legal thriller route at all. I'm more fascinated by the idea of writing a historical novel about my ancestor Junius William Mottley.

He had an intriguing life. He was born in Virginia in the early 1800s, then immigrated to Kentucky around 1830. There, he enrolled in medical school in hopes of becoming a surgeon until he caught wind of the Texas independence movement. He immediately dropped out of school and booked it to Texas to join the revolution.

Even though he wasn't technically a doctor — as there is no record of his graduation — Junius quickly became the chief surgeon of the now-defunct post of Goliad, Texas. Apparently, he'd learned enough from medical school to amputate a limb or two. The Texas army was so impressed by his service that it elected him as a delegate to the Constitutional Convention at Washington-on-the-Brazos, where he signed the Texas Declaration of Independence.

Junius later became aide-de-camp to Thomas J. Rusk (Texas' secretary of war) and died fighting for Texas independence at the battle of San Jacinto in 1836. Motley County, Texas, was eventually named after him — although they spelled his name incorrectly.

Thanks, perhaps to Motley County, people still misspell my last name to this day. So I thought, maybe if I write Junius' story and become a famous author, I could put the extra "t" back in Mottley and turn back the tide of history. Wish me luck!

*—Kevin Mottley*

# DRESS TO IMPRESS YOURSELF! GROWN-UP FASHION TRENDS THAT WORK

Fashion isn't just for young people. For older adults, dressing can still be a wonderful way to show the world who they are and want to be. By becoming more connected to our true selves, we understand how we'd like to dress and present ourselves to others!

## Why Fashion Matters

Sometimes as busy adults, we get bogged down by trivial matters in our lives, like what our boss says about a report we made or what our families eat for dinner. It is still important to remember how *you* want to feel, and choosing an outfit that reflects who you want to be as a person can be liberating.

The clothes we wear impact the way we think and feel about ourselves. According to the Journal of Experimental Social Psychology, this is called "encloded cognition." Researchers found that wearing clothes you view as confident can actually make you more confident.

Fashion choices can also be an instant mood booster. When life gets busy (or even challenging), what we wear can help turn a bad day into something extraordinary!

## Fashion Trends to Follow

Fashion is about being true to ourselves, not trying to look younger. Some fashion trends popular with younger adults aren't going to work well for middle-aged adults.

However, for every wacky fad, you can find a more grown-up trend to upgrade your style. Here are a few current trends that can make you stand out!



- **Change up your coat.** Fabrics like leather or wool can spruce up any outfit and make a statement with just a simple switch!
- **Top it off with a hat.** Wearing a hat (no baseball caps!) can add character to any outfit. A fedora, beret, or newsboy cap can do wonders for a bad hair day or receding hairlines.
- **Put on a blazer over your T-shirt.** This small addition can take jeans and a T-shirt to a new level that screams confidence.
- **Wear all black.** A black outfit is a chic trend that can even make you look taller.

And always be true to yourself! Wear whatever makes you feel comfortable and most like who you want to be!

# WAIT ... JOHN GRISHAM IS A LAWYER??

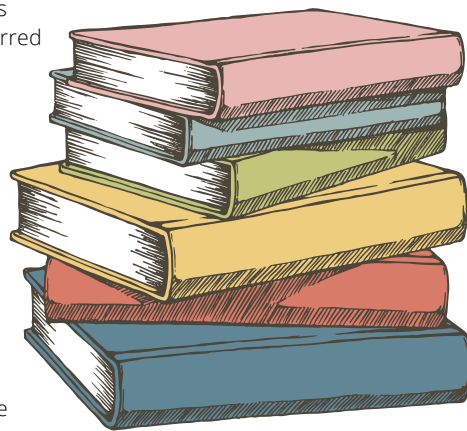
## 3 Authors Who Surprisingly Started as Attorneys

On the cover of this newsletter, Kevin speculated that one day his retirement project might be writing historical fiction. Well, it turns out he isn't the only lawyer who has considered changing careers for authorship. Dozens of well-known writers used to be lawyers, including these three you're probably familiar with.

**David Baldacci** – David Baldacci is a prolific and bestselling author of suspense novels and legal thrillers. He has published more than 40 books, including several series of well-known books like "Amos Decker," "King and Maxwell," and "The Camel Club." Baldacci's very first novel, "Absolute Power" was such a hit that Clint Eastwood directed and starred in the movie adaptation.

Before becoming a writer, Baldacci was raised right here in Virginia and attended the University of Virginia School of Law. He practiced in Washington, D.C., but has since returned to Virginia.

**John Grisham** – John Grisham is probably the most successful lawyer who became an author. He practiced law for five years and even served in the Mississippi State Legislature before starting to write novels. Today, his books include



47 consecutive No. 1 bestsellers. He typically writes legal thrillers but has also published nonfiction and sports novels. Grisham's "Camino," "Jake Brigance," and "Theodore Boone" series are some of his most famous works. His nonfiction book, "The Innocent Man," was even picked up by Netflix. Grisham currently lives right here in Virginia, and Kevin once shook his hand at a local pro bono organization event.

**Richard North Patterson** – Richard North Patterson (not to be confused with fellow author James Patterson) has published more than 20 highly acclaimed novels. He specializes in thrillers and political fiction about topical issues like gun violence, the Israeli-Palestinian conflict, and the geopolitics of oil. Two of his books, "Degree of Guilt" and "Eyes of a Child," were even combined into an NBC miniseries.

In his early life, Patterson worked as a trial lawyer for the Securities & Exchange Commission in Washington, D.C., and worked directly with the Watergate special prosecutor. He retired from law in 1993. Talk about great experiences for a career writing political fiction.



## THE PERFECT SIDE DISH FOR YOUR HOLIDAY TABLE

### Try Kevin's Famous Squash Casserole!

Sixteen years ago, my extended family planned a huge beach vacation. Everybody showed up at the beach house: the grandparents, aunts, uncles, cousins, and more. We rotated cooking duties to feed the whole Mottley crew (pun intended), and when it was our turn to cook, Tricia and I debuted a recipe that quickly became a family favorite: Southern Living's Squash Casserole.

At that first dinner, we served the casserole with crab cakes, but since then, it has become a staple of our Thanksgiving table. I've included the recipe below, just in case you'd like to start a new tradition in your home. Keep in mind that this recipe creates a cheese crust on top of the casserole. If you'd rather keep the cheese soft, integrate all 1 1/2 cups into the casserole during step two.

### KEVIN'S FAMOUS SQUASH CASSEROLE

#### Ingredients

- 3 lbs yellow squash, sliced 1/4-inch thick
- 1 small onion, chopped
- 1 1/2 tbsp salt
- 16 saltine crackers, divided
- 1 1/2 cups shredded sharp cheddar cheese, divided
- 1/2 cup mayonnaise
- 1 large egg, lightly beaten
- 2 tbsp butter, melted
- 1/4 tsp pepper
- 1/8 tsp salt

#### Directions

1. Cook first three ingredients in boiling water to cover in a Dutch oven for 25 minutes or until squash is very tender. Drain well and mash mixture with a fork.
2. Crush 10 crackers and stir into squash mixture; stir in 1/2 cup of cheese and next five ingredients. Spoon mixture into a lightly greased 11x7-inch baking dish.
3. Crush remaining six crackers, and sprinkle over casserole; sprinkle remaining 1 cup cheese evenly over casserole.
4. Bake, uncovered, at 350 F for 30 minutes or until cheese melts and casserole is bubbly.
5. Serve covered with a healthy dose of hot sauce!

# SUDOKU

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#### SOLUTION

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



### ROASTED PORK LOIN WITH APPLES

#### INGREDIENTS

- 4 lbs pork loin
- 2 tsp garlic powder
- 2 tsp salt, divided
- 1 tsp black pepper
- 8 apples
- 2 red onions
- 3 garlic cloves
- 1 tbsp brown sugar
- 2 tbsp olive oil
- 2 tsp cinnamon
- 3 tbsp butter, softened

#### DIRECTIONS

1. In a large bowl, season pork loin with garlic powder, 1 1/2 tsp salt, and pepper, then cover and place in refrigerator for 30 minutes.
2. Preheat oven to 425 F.
3. Slice apples and onions, then chop garlic cloves. Season with brown sugar, olive oil, remaining salt, and cinnamon.
4. In a 9x13-inch baking dish, place a layer of apples and onions in the pan, put pork loin on top, then place remaining apples and onions around it.
5. Break butter into small pieces and place them on the pork loin and apples. Place dish in oven and let it bake for 15 minutes.
6. Reduce the heat to 350 F, then continue to bake for 60 minutes.
7. Remove dish and stir apples and onions.
8. Increase heat to 450 F, put dish in oven, and roast for an additional 8-10 minutes.

Inspired by MomFoodie.com