



BASEBALL, FAMILY, AND THE RICHMOND VEES

CELEBRATING MY SON'S BIRTHDAY WITH BASEBALL



When my son, Andrew, made it back to Richmond for summer break after his freshman year in college down South, one of the first things he said was, "Dad, we should go to a Yankees game this summer." That got my wheels turning, and, on a beautiful night in the Bronx in early August for his 20th birthday, his wish became a reality.

The first base seats were close in and right behind the Yankees dugout. The tickets were a splurge, for sure, but it was priceless when Andrew, who insisted on not being told where our seats were located until we walked in the stadium, first realized how close we were. His smile lit up and a big, "pretty cool, Dad," came out. That was all I needed to see and hear. What followed was an up-close show of the Yankees taking down the Red Sox 6-4. Our biggest takeaway was just how HUGE Aaron Judge is in person. He dwarfs everyone on the field.

My family has always been Yankees fans. I have vivid, fond memories of curling up on the couch with my dad and watching the classic games against the Dodgers in 1977 and 1978. My love for the Yankees has never died. It's been passed on to Andrew. Some of his friends in college are from New Jersey and New York. When they heard he is a Yankees fan, they wondered why a kid from Richmond liked the Yankees. Here's the full story.

To start things off, my father was a Yankees fan. I guess a lot of American kids his age were Yankees fans in the '50s and '60s because, well, the Yankees were awesome.

But one of the reasons he was a fan had to do with their farm system. While the Yankees have always been a New York team, one of their farm teams wasn't native to New York but, rather, to Richmond, Virginia.

The Richmond Virginians were a Class AAA minor league team in the International League from 1954-64. In 1959, they become the farm league for the New York Yankees, and the Richmond "Vees," as they were affectionately known, made it to the Governors' Cup. In the '60s, however, the team entered a downhill spiral. Attendance had sunk to 101,853 fans for the entire year, a 60% drop from its peak in 1957. After 1962, the club was sold off to a grocery store owner and was sold, renamed, and moved to Toledo two years later.

While the team may not have been the best, they did foster a Yankees fan community right here in Richmond. This included my father. He shared his love of the Yankees with me, and I've shared it with Andrew. The Vees developed the early talent of several critical Yankee players, including Tom Tresh, Al Downing, and Joe Pepitone.

While we have a lot of Braves fans in the area from their own farm team being stationed here, you can still spot a few Yankees fans from the Richmond Vees' years. Most of my son's friends are surprised by the Yankees' Richmond connection and will usually ask him more questions about it.

Our guys' trip to New York was fantastic. We took in some sights, visited a couple of

museums, and ate some fantastic meals. One of the best things we did was rent bikes and tour our way around Greenwich Village and lower Manhattan one afternoon, stopping for lunch at John's of Bleeker St. That was a blast! But the beat down of the Red Sox in Yankee Stadium was the perfect finish. While my Dad watched greats like Tom Tresh and Al Downing in the Richmond stadium, we had the chance to see modern All Stars like Aaron Judge up close and personal that night!

As the top of the ninth inning arrived, a cool, strong breeze burst into Yankee Stadium. Someone said something about a storm and, sure enough, a flash of lightning lit up the sky. Just as the game ended, a summer storm hit us, and the rain came pouring down. We ended the night hanging out with a bunch of New Yorkers in the concourse of Yankee Stadium debating when to make a sprint for the subway station. After being challenged and dared, we made the dash, got completely soaked, and rode a very crowded subway full of soaked and happy Yankees fans back down to Manhattan.

If you have a love of baseball or a sport you share with your kids, let's chat about it next time you're in the office! I always love talking about baseball and swapping parenting stories.

-Kevin W. Mottley

FINDING FULFILLMENT IN YOUR GOLDEN YEARS

WHY MORE ADULTS OVER 55 CONTINUE TO WORK

According to the Bureau of Labor Statistics, upward of 40% of people aged 55 and older are continuing to work past the normal retirement age. There are a number of reasons why people are choosing to stay employed, with one of the biggest being a lack of retirement funds, but some are also using work to keep their minds and skills sharp. In fact, most of the jobs that the 55-plus crowd goes after keep them engaged with the community and help them lead more active lives.

The BLS categorized the jobs many older workers are currently pursuing:

- Real estate appraisers/assessors
- Property/real estate/community association managers
- Technical writers
- Tax preparers
- Construction/building inspectors
- Crossing guards
- Clergy

These seven jobs are projected to grow between 8–14% over the next six years according to BLS data. They often pay well and don't always require a full-time commitment. Many even offer flexible schedules, which can help older workers spend more time with peers or loved ones. This balance is exactly what many older workers are looking for, especially those who are "part-time retired."

More importantly, however, most older workers find these jobs fulfilling. They allow older folks to interact with the community and stay active, both of which, research suggests, are essential to healthy living as people age. For many, working past retirement, or not leaving the workforce entirely, can be a win-win-win: It's a win for your bank account, a win for your health, and a win for the community.



BACK-TO- SCHOOL SAFETY

THE DO'S AND DON'TS OF GETTING THERE

There is a lot on parents' minds as we enter the fall season. It's a stressful time with questions like, "Do my kids need hiking shoes for the fall and winter weather?" or, "How can my kids stay safe on their way to school this year?" When my kids were growing up, those were the kinds of questions that flooded my head every September. To alleviate some stress, follow these quick tips to get your kids to school safely this fall.



REVIEW YOUR CHILD'S SCHOOL ROUTE

Make sure your kids are familiar with the landmarks on the route they take to school. Once a week, walk with your kids through the route and test them afterward on one landmark to recognize on each block. These can be street signs, shops, business buildings, etc. Always make sure your student calls or texts you when they arrive at school, as an extra precaution.

TEACH YOUR CHILD THE RULES OF THE ROAD

Make sure your children understand the rules of the road if they are biking to school. Here is a list of the basic rules bicyclists need to follow.

- Use hand signals.
- Yield before turning.
- Ride only in the bike lane.
- Yield to those already on the road.

Be sure to check the local weather daily. If it looks like there is a chance of rain or worse, encourage your kids to leave earlier and walk to school to avoid the weather.

BRUSH UP ON BUS STOP RULES

It's never a bad idea to remind your kids of the importance of staying in the bus stop area. They're typically streetside, so the less children run around near them, the better. Make sure they know the route to the bus stop, even if it's close by. Kids can have a habit of forgetting things, so it's never a bad idea to remind them of rules and routes. Pack a small umbrella in their backpacks just in case fall weather hits as they wait for the bus.

These are just some of the tips to get your kids to school safely and help ease those fall headaches you may be experiencing. If you want to learn more tips and tricks, I urge you to visit the National Safety Council's website, [NSC.org](https://www.nsc.org).

SPEAK UP WITH US AT THE SPEAKUP5K

SHINING A LIGHT ON TEENAGE MENTAL HEALTH

Here at The Mottley Law Firm, we're dedicated to serving our Richmond community, and we're always looking for ways to help those in our neighborhood apart from the work we do at the firm. A major part of our law practice is providing compassionate, zealous representation for those who have suffered a traumatic brain injury (TBI). It is not uncommon for our TBI clients to carry with them diagnoses of depression and anxiety in addition to the lingering effects of their injury. Some



of those clients are adolescents and teens, so the topic of mental health issues in our youth is close to our hearts!

That's why we're so proud to have sponsored this year's SpeakUp5K on Sept. 7. This race is the signature event of the Cameron K. Gallagher Foundation. Mental health issues among young adults and teens carry a horrible stigma that discourages those struggling from seeking treatment. If you're unfamiliar with this foundation, you'll be happy to hear their entire mission revolves around bringing to light the prominence of teenage mental health issues and ending the stigma. It's impossible to measure just how great an impact these events generate in our community, but, rest assured, we will see the effects of these and other events like them in the improved health and well-being of our teens.

Studies from years past have shown that 20% of teens live with a mental health condition.

Plus, 50% of all lifetime mental health cases develop in teens as early as 14 years old, while 75% of them develop up to the age of 24. What makes these statistics even more alarming is that the average delay between experiencing initial symptoms and seeking treatment is 10 years. During that time frame, 37% of students with mental illnesses drop out, while 70% of all residents in the juvenile justice system suffer from a form of mental illness.

The SpeakUp5K is not only a race; it's a party perfect for the whole family! It takes place in the Byrd Park and Maymont area of Richmond, a beautiful venue for a relaxing run on a late summer weekend, after which you can go home, prop up your feet, and watch some college football! The race is traditionally held the first Saturday in September. Look out next year for opportunities to sponsor or register to participate in the race. I'll remind you when the time comes!

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



INGREDIENTS:

Filling:

- 5 lbs Granny Smith apples, peeled, cored, and chopped
- 1/4 cup pecans, finely chopped
- 3 tbsp all-purpose flour
- 2 tbsp maple syrup
- 1 tbsp lemon juice

Topping:

- 3/4 cup all-purpose flour
- 1/3 cup brown sugar
- 1/4 tsp ground cinnamon
- 1/4 tsp salt
- 6 tbsp chilled butter, cut into pieces
- 1/4 cup pecans, coarsely chopped

DIRECTIONS:

1. Heat oven to 350 F.
2. In a mixing bowl, mix all filling ingredients together. Transfer to individual serving ramekins.
3. In a different mixing bowl, combine flour, sugar, cinnamon, and salt for the topping. Mix in butter until it forms lumps roughly the size of a pea, then stir in pecans. Sprinkle topping over filling.
4. Bake for 35-40 minutes, let stand for 10 minutes, and serve.



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THE 4-LEGGED HEROES OF GROUND ZERO

HONORING THE CANINES OF 9/11

In the immediate aftermath of 9/11, thousands of New Yorkers took to the streets to clear rubble, offer supplies, and search for survivors. It was a powerful act of resilience in a deeply trying time, and while most of the individuals helping with the disaster stood on two feet, more than 300 canines also answered the call to service.

Dogs of all breeds and backgrounds, including search and rescue dogs, police dogs, service dogs, and therapy dogs, were brought in to help find and care for survivors in the wake of the destruction. They worked tirelessly alongside rescue crews as they searched through the debris.

Search and rescue dogs and their handlers worked 12–16-hour days, searching for survivors and victims. They worked through dangerous conditions: Many dogs burned their paws as they dug through hot rubble, and both handlers and canines inhaled toxic dust. The task was both physically and mentally exhausting for the dogs during their shifts.

Some dogs that found deceased victims refused to eat or interact with other animals. Search and rescue dogs became increasingly stressed and depressed the longer they searched without any results, mirroring their handlers. It wasn't uncommon for handlers to stage mock "findings" of survivors to keep the dogs' spirits up.

Fortunately, the sacrifices these dogs and their handlers made did not go unnoticed. Many dog owners were inspired to earn their search and rescue certifications after the events of 9/11, promising to aid in future disasters and hopefully lessen the impact of such catastrophes.



After 9/11, various researchers conducted many studies examining the effect this kind of work has on animals, both physically and mentally. Many of these studies wouldn't be possible without the AKC Canine Health Foundation, so if you're looking to give back this September, visit them at their website to see how you can help: AKCCHF.org.