



KEVIN'S TOP 5 VIRGINIA HAUNTINGS

FROM BLOODY SOLDIERS TO GHOULISH BRIDES

Horror and mystery have fascinated me ever since my sixth grade teacher got me into Stephen King novels. I remember reading "The Shining" at such a young age, and I couldn't sleep for days. While the Grady twins can only scare me in my dreams, plenty of real-life haunted spots right here in Virginia are just waiting to draw you in.

COLD HARBOR BATTLEFIELD, MECHANICSVILLE

I grew up in Mechanicsville near multiple battlefields, including Cold Harbor Battlefield. And my Dad was the first principal of Cold Harbor Elementary School. I also spent a lot of time exploring Civil War entrenchments in the woods behind my house when I was a kid, where I never felt quite alone! So this one is near and dear to my heart. Best known as one of the most haunted battlefields in the United States, this area has tormented soldiers and visitors alike. During the battle of Cold Harbor in 1864, more than 18,000 soldiers were lost, wounded, or killed.

Today, many who have traversed the once-bloody battlefield experience the unexplainable, including possession, excruciating pain, and a dense fog that dissipates as quickly as it descends. What makes the mist so concerning is that, while called "Cold Harbor," the land is miles away from any significant body of water.

BACON'S CASTLE, SURRY

During the colonial period of this house's use, the property lodged as many as 300

slaves. However, the spirits of those lost souls won't rest easy. Many have reported seeing the disembodied heads of slaves and the ghost of one particular little girl who died in a basement there. When visiting the cellar, people often feel something pushing and pulling on their clothing.

MAJOR GRAHAM MANSION, WYTHE COUNTY

Major Graham Mansion is the site of two horrifying tales that many wish were just other pieces of East Coast folklore. The first involves Joseph Baker being murdered by two of his slaves. After his remains were found in a barrel of moonshine, the two slaves were hung on the same property.

Major Graham then built his home on the bloodstained land. His wife later suffered from depression and eventually went insane. Major Graham, unable to cope, shackled his wife to the basement. She died there and looms as a ghostly presence in the house to this day.

SWANNANOA PALACE, AFTON

It's been said this estate is haunted by the wife of the original owner, James Henry Dooley. After Walter Russell bought the estate, he repurposed the mansion as the University of Science and Philosophy.

Since the closing of the school, visitors have seen ghosts performing strange rituals. These are believed to be Illuminati rituals, as it was rumored Walter Russell was



connected to the infamous cult. It's not only Mrs. Dooley that is said to still roam the halls, but Mr. Dooley and servants have also been seen walking the estate, as well.

PEYTON RANDOLPH HOUSE, WILLIAMSBURG

Behind the walls of this immaculate two-story mansion lurks an unfathomable amount of misery and pain. Bought by Peyton Randolph in 1754, the house is home to a series of mysterious deaths from freak accidents, murder, and even strange illnesses.

Hauntings became more prominent in the 1960s when it served as a lodging house. Many guests reported being shoved, tugged on, violently shook, and even brutally attacked in the middle of the night by apparitions. Even a security guard was once trapped in the basement by some hostile force.

Visitors beware — these are just some of the best areas to venture to this Halloween season if you wish to sleep a little less. Have you had any ghostly encounters? If so, be sure to share them with me next time you're in the office. As you can tell, I love a good mystery.

-Kevin W. Mottley

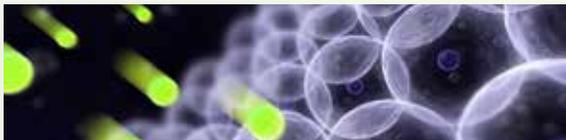
HOW TO MINIMIZE AGE-INDUCING ATOMS

If you've ever picked up a health magazine while waiting at the doctor's office, then you're probably familiar with the term "free radicals" — at least enough to know that they get a bad rap from doctors and beauticians alike. But what are they, exactly?

According to Live Science, free radicals are atoms with unpaired electrons that have split off from oxygen molecules in the body and started to "scavenge" for other electrons to pair with. That wouldn't be problematic, except that these atoms tend to damage cells, lipids, proteins, and even DNA along the way, and that destruction has serious consequences. As Live Science puts it, "Free radicals are associated with human disease, including cancer, atherosclerosis, Alzheimer's disease, Parkinson's disease, and many others. They also may have a link to aging, which has been defined as a gradual accumulation of free-radical damage."

Unfortunately, it's impossible to entirely avoid free radicals and the havoc they wreak. The process that forms free radicals, called oxidative stress, can be kick-started by a variety of different substances found in food, water, medicine, and even the air we breathe, according to the Huntington's Outreach Project for Education at Stanford University. Unsurprisingly, these substances are things already considered unhealthy, like alcohol, exposure to X-rays, ozone, fried food, chemical pesticides, air pollutants, and tobacco smoke.

That said, there is one molecule that is stable enough to stand up to and reduce free radicals: the antioxidant. According to a study published by Pharmacognosy Reviews, antioxidants can "donate an electron to a rampaging free radical and neutralize it, thus reducing its ability to damage." Synthetic antioxidants exist but can sometimes have harmful side effects, so scientists advise protecting yourself by avoiding free radical triggers like alcohol, processed foods, and red meat, and ingesting natural antioxidants in the form of berries, stone fruits, olives, onions, garlic, and green and black teas. Herbs and spices like cinnamon, basil, turmeric, and fenugreek can ratchet up your antioxidant levels too. While it can't guarantee immortality, the right diet can certainly help you stave off aging and disease, so why not start today?



TOP HORROR MOVIES WHAT TO WATCH THIS FALL



Lately, my daughter, Catherine, and I have started to bond over our love of horror, and she's even given me great recommendations! After a long work week, we often relax and watch the latest slasher flick that has come out. Over time, we've accumulated quite the list of favorites. So here are a few that are perfect for the scary-movie enthusiast in your family.

'A NIGHTMARE ON ELM STREET'

This classic Halloween slasher pits a collection of innocent teenagers against an infamous local killer who attacks them in their dreams when they're most vulnerable. The entire movie balances the slasher craze of the '80s and its own morbid humor surprisingly well with lines like, "Why are you screaming? I haven't even caught you yet." While the film's writing is classic, its cast fixed the movie as a staple of pop culture, debuting the acting career of Johnny Depp and cementing Robert Englund as a horror icon.

'THE NUN'

If you like "The Conjuring" franchise, this is a must-see, as it's a direct spinoff of "The Conjuring 2." Based on a story co-written by James Wan, the director of "The Conjuring" series, this is the highest-grossing film in the franchise. The story takes a priest and a nun to Saint Cartha's monastery in Romania to investigate the mysterious deaths of two nuns. The duo fends off a demon and the ghosts of their pasts to uncover the mystery behind everything.

'OUIJA: ORIGIN OF EVIL'

Set in 1967, the tale is a prequel to the 2014 film, "Ouija." The film sees a tragic widow, Alice Zander, a spiritual medium, trying to make ends meet with her two daughters. Upon the oldest daughter's suggestion, Alice incorporates a Ouija board into her readings. When trying it out, she unknowingly releases a tortured spirit who died there during WWII. The spirit, known as Marcus, then possesses the youngest daughter and attempts to get revenge on the family for how he was tortured in the house so many years ago.

'HALLOWEEN'

I'm going old-school here. This classic is well-known for being one of the most profitable independent films and the catalyst of the slasher movie craze of the '80s. John Carpenter took his vision to production with little resistance as he was the screenwriter and director, and he produced the score for this fantastic film. After spending 15 years in a psychiatric ward for killing his sister, Michael Myers returns to his hometown to wreak havoc. While being chased by the police and his handgun-wielding psychiatrist, Michael preys upon unsuspecting teenagers on the spookiest night of all, just when they are old enough to think they are safe on Halloween.

'INSIDIOUS'

This is another modern classic directed by James Wan that, with a budget of \$1.5 million, grossed over \$97 million, making it a smash hit. The 2011 film focuses on a family of five who has to deal with paranormal disturbances following their son's mysterious coma. After several ghostly encounters, the family moves to another house where they still suffer from the paranormal. The family then seeks external resources to help combat the forces attacking them.

While I love all these movies, "The Nun" and "Insidious" are part of two horrifying franchises I'm sure the slasher fan in your family will love. If you're a lover of scary movies, let me know which one is your favorite next time you visit the office this fall!

FALL DRIVER SAFETY

WHAT TO DO BEFORE GETTING ON THE ROAD

As we enter fall, it can be easy to overlook some of the little things we can do to prevent any car-related headaches. These



tricks and tips may be simple, but they will prevent you from being stranded on the side of the road on a brisk October morning.

THE FUNDAMENTALS

One of the first things you should do is check your tire pressure. As the temperature drops, the air increases density and lowers tire pressure. While you're checking the tire pressure, be sure to look your tires over for excessive wear. Balding tires can increase your risk of sliding on ice while braking. However, your tires aren't the only thing you should keep an eye on.

When you use your windshield wipers, check for streaks on your windshield. It could be worrisome if you realize you need new wipers right in the middle of a rainstorm. Check your coolant level as well, since it prevents the water in your radiator from freezing. If it does freeze, you will overheat your engine.

BATTEN DOWN THE HATCHES

Before starting your morning drive, make sure nothing will roll around in your vehicle. This will reduce the risk of anything getting stuck under your pedals and restricting your ability to accelerate or stop safely. If you are in an unfortunate accident, this will negate the risk of anything becoming a projectile and harming passengers.

As you approach your car in the early morning, do a quick walk around your vehicle. If you see a rearview mirror askew or a tire slightly low, address those issues before making your morning commute. Simple tricks like this will prevent your fall commute from becoming the intro to your least-favorite horror flick this fall season.

For more fall driving safety tips, visit AARP.org for countless other ways to keep you and your family safe this fall.

SUDOKU

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

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



VEGAN OOZE SMOOTHIE

While these smoothies may not be nuclear-flavored — in fact, they're all-natural and vegan — their neon colors may convince you otherwise. They're a fun and festive way to get kids to drink their fruits and veggies.

INGREDIENTS:

Green Smoothie Ingredients

- 8 oz almond or coconut milk
- 2 cups fresh spinach
- 1/2 frozen banana
- 1/2 fresh avocado
- 2 tbsp hemp seeds
- 1 tbsp maple syrup
- 1 cup ice

Purple Smoothie Ingredients

- 8 oz almond or coconut milk
- 1 cup frozen blueberries
- 1/2 cup fresh spinach
- 1/2 frozen banana
- 2 tbsp hemp seeds
- 1 tbsp maple syrup
- 1 cup ice

DIRECTIONS:

1. In a blender, combine all ingredients.
2. Blend on high until smooth.
3. For added fun, serve in beakers and flasks with crazy straws.



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HOW'S THAT FOR ODDS?

REGGIE 'MR. OCTOBER' JACKSON'S LEGENDARY GAME

"I feel that the most important requirement in success is learning to overcome failure. You must learn to tolerate it, but never accept it."

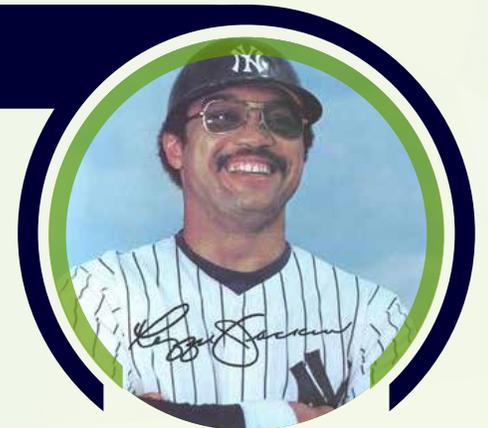
—Reggie Jackson

Some people shine brightest in the spotlight. When put to the test, they deliver every time. Baseball Hall of Famer Reggie Jackson is one of those people. During the sixth game of the 1977 World Series, Jackson hit three home runs in a row, securing the Yankees' victory over the Dodgers and winning them their 21st World Series title. The legendary playoff game also earned Jackson the nickname "Mr. October," which has stuck to this day.

Like many stories of greatness, Jackson's featured a lot of hard work behind the scenes. He dedicated himself to his sport and constantly worked to improve

his play. Growing up, Jackson played baseball, basketball, and football and excelled at all three, though football was his strong suit. He was scouted and given opportunities to go pro straight out of high school, but, on the advice of his father, he went to college on a football scholarship. Thanks to a \$5 bet, he tried out for the baseball team at Arizona State University and made it. Jackson was the first black person on the team, and, even though he experienced discrimination, he never let it stop him.

From the minor leagues into the majors, Jackson's ambition got him through many tough times, as did the constant support of his father and of Oakland A's manager John McNamara. Jackson always dreamed of playing for New York, and, eventually, his dream came true when he signed with the New York Yankees in 1976.



To this day, Jackson holds many prominent records, including being the first player to earn more than 100 home runs for three different teams (the A's, Yankees, and Angels). He even has his own candy bar, the "Reggie! Bar," which debuted during a Yankees game in 1978. Let's see if any of this year's playoff games stir up as much excitement as Reggie Jackson's did in his heyday.