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NOT JUST A LANGUAGE TOOL

THE HISTORY BEHIND THE REAL ROSETTA STONE

Rosetta Stone is one of the world's most popular and well-known language-learning softwares, but many users have wondered about where its name came from. The original Rosetta Stone was once the most enigmatic Egyptian artifact that confounded scholars for a number of years. When they finally cracked the code, one of the lost secrets of ancient Egypt was revealed.

The Rosetta Stone is a slab of granite that has inscriptions of a decree issued in 196 B.C. by Egypt's ruler at the time, Ptolemy V, and a group of Egyptian clergy members. The decree was written in hieroglyphics, ancient Greek, and Demotic, which was a script used by the common people. Experts estimate the stone's creation was over 2,000 years ago.

The slab was discovered in July 1799 by a group of French army engineers who were operating under Napoleon Bonaparte's orders near the Egyptian town of Rosetta. The British Army would go on to defeat France in Egypt during the French Revolutionary Wars in 1801. Under the terms of the Treaty of Alexandria, the British claimed the Rosetta Stone, along with other Egyptian artifacts found by the French.

The British relocated the stone to the British Museum in London, where it was stored in a temporary structure until they could strengthen the floors of the museum to support its incredible weight. Various

scientists studied the artifact with no success, and it was ultimately deciphered by French linguist Jean-Francois Champollion.

Champollion discovered that hieroglyphics were a combination of phonetic and ideographic signs. Earlier scientists had falsely inferred that hieroglyphics were simply symbolic picture writing and nothing more. For his discovery, Champollion was named the founding father of Egyptology.

If you're interested in viewing the Rosetta Stone, it is still on display at the British Museum in London where it's been displayed for 220 years, with the exception of a temporary relocation during World War I. While the Rosetta Stone has called London home for hundreds of years, there have been recent requests to return it to its homeland in Egypt.



A GRADUATION TRIP TO REMEMBER

I TOOK MY SON ON A SPANISH ADVENTURE!



If you tried to reach me at my desk in late May, you might have heard I was out of the office for the week. Don't worry, nothing was wrong. In fact, I was having an incredible bonding experience with my oldest child, Andrew, on his college graduation trip to Spain!

The trip was a last-minute endeavor. We planned it in late March to celebrate Andrew's graduation from the University of South Carolina with a major in economics and a minor in Spanish. (Side note: I'm really feeling old now that one of my kids is a college graduate.)

A trip to Spain is definitely a splurge. But COVID-19 disrupted Andrew's plans of studying abroad in Spain or another Spanish-speaking country, so I thought that instead of buying him something tangible as a graduation gift, I'd give him an experience instead. He could practice his Spanish, and we could also see one of his favorite soccer teams, Real Madrid, play their last home game of the season.

The trip was everything we hoped it would be. We spent our first four days in Madrid enjoying the nightlife, exploring museums, eating great food, drinking fantastic Spanish wine, and meeting new people. After seeing the soccer match (more on that later), we took a high-speed train from Madrid to the coastal city of Granada. We spent almost two days there exploring Alhambra, a historic palace/fortress built by the Moors between the mid-13th and mid-14th centuries. If you're as into history and architecture as I am, I highly recommend visiting this spot — it was fascinating.



From there, Andrew and I rented a car to travel from Granada to a tiny town called Nerja on the coast of the Alboran Sea. This part of the trip did *not* go as planned. I put a hold on a nice Mercedes that the rental company said would be ready at noon. But when Andrew and I showed up at 1:40, they'd rented our car to somebody else!

There wasn't a single vehicle still available. Finally, we found what seemed to be the last rental left in Granada: a Volkswagen delivery van with a manual transmission. Fortunately, I knew how to drive it. But it almost got us killed on our coastal route! The interstate climbed massive bridges spanning deep gorges leading to the sea, and every time we crossed one, dangerous gusts of wind threatened to tip us over.

Eventually we made it to Nerja, where we discovered so many tourists that we felt like we'd crashed a Scottish family reunion. After that, we putt-putted our VW back to Granada to catch our high-speed train back to Madrid.

I truly enjoyed Granada and Nerja, but Madrid was the highlight of our trip. Andrew and I loved the nightlife in The Caves, the wine and tapas at Taberna Tempranillo, and the entrees at Posada de la Villa. Best of all was the Real Madrid vs. Real Betis game at the legendary Estadio Santiago Bernabéu. Before the game, we visited a local shop so I could buy an official team jersey. Andrew recommended Karim Benzema's number (9), and the lady at the store nodded in approval.



When I was properly dressed, we grabbed our VIP tickets and headed to a pre-match party that ended with a walk to the stadium. Our seats were fantastic, and I was proud to watch Andrew conversing fluently in Spanish and belting out Real Madrid songs with the other fans.

The match ended 0-0, but Real Madrid still solidified its position in the UEFA Champions League final in Paris the following week. We cheered them on from Gus' Bar and Grill back home — and they won! It was the perfect *coda* to a great trip.

If you ever plan a visit to Spain, reach out to me before you leave. I'll help you plan a great itinerary.

-Kevin Mottley

TIME FOR A GUT CHECK

5 WAYS TO NATURALLY IMPROVE THE HEALTH OF YOUR STOMACH

If you've ever attended an event with older adults, digestion is bound to come up at some point! As we age, our guts sometimes have a difficult time keeping up, causing stomach issues and complications. When people talk about having a "healthy gut," they are talking about having a good balance of beneficial bacteria and microbes within their digestive tract. Here are some natural ways to keep things healthy and moving along properly:

Eat foods rich in fiber.

Fiber, found naturally in many foods, including sweet potatoes, beets, carrots, fennel, beans, broccoli, berries, and whole grains, stimulates the growth of the good bacteria that keeps your gut performing in a healthy way. Fiber is also a great way to relieve or prevent constipation!

Get moving.

Exercising regularly helps to ensure that everything else in your digestive system moves along regularly too! Research shows that regular exercise promotes the growth of different types of beneficial bacteria within both animal and human digestive systems.

Reduce stress levels.

Did you know that when you're stressed out, your mental state is affected as well as your stomach and gut, as they are intimately connected? By keeping your cortisol levels low, you can eliminate and prevent some uncomfortable gastrointestinal complications. Stress, research suggests, increases the risk of irritable bowel syndrome, so managing stress can lead to better intestinal health.



Drink plenty of water.

Hydration plays a key role in both softening and bulking up stools, making them easier to pass through the digestive system. It should be noted that liquids that contain caffeine, such as coffee or tea, can actually have the opposite effect on your body.

Take your probiotics.

Probiotics occur naturally in your gut. They help to reduce adverse symptoms of digestion, such as pain, discomfort, bloating, and gas. Ask your doctor to recommend a beneficial probiotic to incorporate into your daily lifestyle.

A healthy gut yields a stronger immune system, comfortable and effective digestion, and an overall better mood! With these tips, you'll be on your way to a healthier digestive system!



'UNCHARTED': IT'S NOT JUST A MOVIE

3 REASONS TO PLAY IT FOR NATIONAL VIDEO GAME DAY

If you saw the movie "Uncharted" in theaters this winter, you're not alone. By the end of May, the flick had grossed more than \$400 million worldwide. Maybe it was the action-adventure plotline that pulled in viewers. Maybe it was the star power of lead actor Tom Holland. Or maybe it was because "Uncharted" isn't an original story. Although many fans don't realize it, the movie was based on a successful video game series!

National Video Game Day was on July 8, and though the day is behind us, Kevin's son Andrew still highly recommends playing "Uncharted" on the PlayStation 4. Here are three reasons to put the game on your list.

- The plot is fascinating and action-packed.** Like the movie, the "Uncharted" games are full of action and adventure. They follow the story of Nathan Drake, a treasure hunter who chases down famous pirates, uncovers lost riches from ancient civilizations, and Tarzan-swings his way out of the bad guys' reach. The gameplay is exciting and will have you on the edge of your seat.
- The characters draw you into their world.** If you saw the Tom Holland movie, then you already know how compelling Nathan Drake is as a character. In the games, you'll learn more of his story and the history of his mentor, Victor "Sully" Sullivan. In some of the games, you can also play as Drake's fellow treasure hunter, Chloe Frazer!
- There are five games in the series, so it will keep you busy for a long time.** The series starts with "Uncharted: Golden Abyss" (a difficult-to-find prequel only playable on the PlayStation Vita), then continues with "Uncharted: Drake's Fortune," "Uncharted 2: Among Thieves," "Uncharted 3: Drake's Deception," and "Uncharted 4: A Thief's End." There are extra spinoffs too, like "Uncharted: The Lost Legacy," starring Chloe Frazer. To get started, you can buy "Uncharted: The Nathan Drake Collection" to access the first three games remastered for the PlayStation 4.

To learn more about the games and get started, search for "Uncharted" on PlayStation.com.

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SUMMER CRAB AND LEMON CARBONARA

INGREDIENTS

- 12 oz bucatini pasta
- 3 oz Pecorino Romano cheese, grated
- 1/2 cup olive oil
- 1/2 cup fresh chives, thinly sliced
- 2 tbsp garlic, finely chopped
- 8 oz fresh crabmeat
- 1/4 cup drained and rinsed capers, chopped
- 1 tsp coarsely ground black pepper
- 1 tbsp grated lemon zest
- 1 tsp fresh lemon juice
- 6 large egg yolks, beaten
- Sea salt or kosher salt, to taste

DIRECTIONS

- In a pot of boiling water, cook pasta until not yet al dente. Drain and reserve 1 cup cooking liquid.
- In a large skillet over medium heat, cook oil and garlic until lightly toasted. Add capers and black pepper, then stir for 2 minutes.
- Add reserved cooking liquid to skillet and bring to a boil over medium heat. Stir in pasta and cook until al dente. Remove from heat.
- Stirring constantly, pour egg yolks quickly into the mixture. Add cheese and chives, stirring well until sauce is creamy. Add crab, lemon zest, and lemon juice. Toss together and season with salt.

Inspired by FoodAndWine.com

LET'S BE MORE LIKE THE SPANISH!

A NOTE TO ALL PEDESTRIANS AND DRIVERS

Hey, it's Kevin again! I'm writing another article in this month's newsletter because I noticed something in Spain I think we should talk about: Drivers there actually yield to pedestrians who are on the crosswalk.

It's true! Andrew and I walked about 14 miles every day during our time in Madrid, and we didn't see a single car blow through a red light or come close to hitting a pedestrian. From my limited observation, it seems like people in Spain are much more willing to comply with traffic rules than people here in America. It's also true for pedestrians; we rarely saw folks jaywalk.

Here at home, cars blow through red lights all the time. These reckless drivers often injure or even kill pedestrians. Right now, I'm working on a case involving a pedestrian who was struck in a crosswalk and suffered a brain injury. This situation is all too common here in Richmond, and drivers who don't obey traffic rules are a real concern.

If you traverse a lot of crosswalks, please follow these three safety tips this summer.

- Don't assume it's safe to cross a street just because you have the right of way.* Double-check that the road is clear first. Remember, this isn't Spain, so cars don't necessarily yield to pedestrians in crosswalks, even when they should!

- Always cross at corners.* If you're in danger in the crosswalk, you're in extreme danger in the middle of the street! Even if the road looks clear, don't jaywalk. Head to a nearby crosswalk just in case.



- Don't use your phone while you walk.* This is especially important while crossing the street. You need to be on high alert and ready to jump out of the way if a car comes barreling at you — and you can't do it if you're texting or checking your email.

When you drive this summer, keep in mind that not every pedestrian has read my newsletter. Other people might jaywalk or forget to look both ways. Always drive cautiously and follow traffic rules, just in case! Together, maybe we can make Richmond a bit more like Madrid.

—Kevin Mottley