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FALL INTO BETTER FITNESS

PUMPKINS, PIGSKINS, AND PLENTY OF CARDIO

Throughout the summer, it's often too hot to get outside and take part in our favorite outdoor activities. Winter is the same deal for the opposite reason, which means we're currently in the perfect sweet spot to head outdoors and break a sweat. The leaves are changing, and the temperature is continuing to cool, making it feel like nature is beckoning us.

While you may already have favorite outdoor activities you're ready to dive into, here are four fall-exclusive activities that can help you stay in better shape!

FOOTBALL GAMES

We're in the heat of football season now! While it's enjoyable to sit down and watch your favorite teams each Saturday and Sunday, there's nothing quite like gathering the family or some friends for a game of touch football. As you run routes or chase after receivers,

you'll feel your heart rate elevate, and each attempt to catch the ball will help improve your coordination. Just don't let the emotions of the game get to you!

ORCHARD VISITS

Skip the trip to the gym one day this month and instead visit your local apple orchard or pumpkin patch. Trudging along acres full of fruit trees and farmland will help you break a sweat, and you can even target specific muscles through your apple and pumpkin picking efforts. Remember to lift with your knees if you're planning to grab the biggest pumpkin you find. The last thing you want is to throw out your back!

NATURE EXCURSIONS

Spending a day traversing the local woods or paddling across a lake is a great way to clear your head, build some muscle, and take in some of the most beautiful scenery around. There

really is no better time of the year to surround yourself with nature while getting some exercise!

HALLOWEEN FUN

While you may break your diet by eating the abundant Halloween candy everywhere, you can offset those empty calories. Put up Halloween decorations, scream your way through a haunted house or trail, and join the kids as they trick-or-treat around the neighborhood!



THE MOTTLEY CREW REVIEW

10/26

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Too Much, Too Often Thoughts on Conquering Information Overload

There may be many problems in our world today, but access to information certainly isn't one of them. It's what we do with all of it that's the issue.

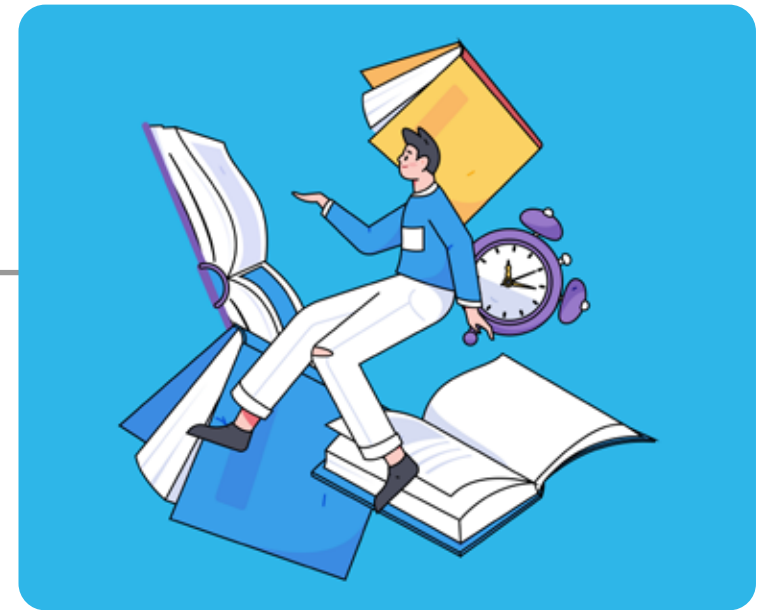
As an attorney with my own firm, and just as a human being, I'm always looking for new ways to be the best version of myself that I can be before the clock runs out. In the old days, I'd get that information from two primary sources: mentors I knew personally or the library. These days, my opportunities to seek out information and perspective have exploded beyond measure. Card catalogs have been replaced by YouTube, Instagram, TikTok, artificial intelligence, and everything else a Wi-Fi connection offers. Frankly, I find it all pretty overwhelming at times. I suspect you feel the same way now and then.

If you're feeling burned out from the barrage of stimuli your phone or laptop gives you each day, take Oct. 20 as a chance to quiet the cyber noise. Why? That's National Information Overload Day. (Yes, we've arrived at a point where a day is devoted to quieting cyber noise.) While it may be impossible for us to completely shut off the internet for an entire waking day, that doesn't mean we can't try to make our information overload at least more enriching and genuinely helpful.

"We may be hit with a lot of information and ideas in 2026, but rarely are they revolutionary (or even original)."

I'm working to make this goal much more attainable for myself. For one thing, I've become more observant of the fact that most of what we read, see, or hear in 2026 is mostly all the same. The closer I pay attention, the more I realize there's a lot of lazy content creation just parroting what somebody else has already said. Regardless of the medium, the same messages are repackaged and delivered over and over again.

A good example of that is the 1937 book "Think and Grow Rich" by Napoleon Hill, which I'm currently rereading for probably the 30th time. I've been reading a little bit from it every morning, usually before I listen to podcasts on the way to work. Not too long ago, I was listening to one by a very popular "thought leader" (no names mentioned) who was giving advice on how to succeed in business. It didn't take me long to realize he was basically saying



the exact same thing I just read in a book written nearly a century ago. We may be hit with a lot of information and ideas in 2026, but rarely are they revolutionary (or even original).

Unfortunately, a fair amount of that information is also downright false. I do my best to look for trusted sources who have legitimately accomplished what I'm trying to accomplish, such as building a great law firm, staying healthy, and generating generational wealth for my family. Sometimes, all a supposed "authority" has accomplished is being a loudmouth who's attracted followers. Most importantly, I seek information from people and sources that align with my values. No matter how real the advice may be, I won't accept it if it compromises the person I am and the firm I run.

The last thing I've been doing to avoid information overload is reading ... from a book. There's just something about feeling a page turn in your hand that connects me more closely to the material. It slows down the process of understanding information and makes it much easier. I tend to believe our brains work much more efficiently when we slow down enough to fully digest what we're receiving.

If your time-consuming media has you feeling like you're stuck in an elevator full of people shouting at one another, give these steps a try. You may end up with less overload and more information that truly helps you live the best life possible.

—Kevin Mottley

LIFE IS BETTER AROUND THE DINNER TABLE

Who Needs a Reservation? Host the Perfect Couples Night In

There comes a point when crowded restaurants, long waits, and noisy venues lose a little (or all) of their charm. Sometimes, the perfect evening is as simple as inviting a few close friends over, sharing a delicious meal, and lingering around the table long after dessert. A cozy dinner at home offers all the fun of a night out without the reservations, traffic, or rush to get home.

MAKE IT EASY, NOT ELABORATE.

A dinner party doesn't have to be intricate to be memorable. The secret ingredient? A warm, welcoming atmosphere where everyone feels comfortable, including you. Keep the food simple by choosing a theme that does most of the planning for you. An Italian pasta night, taco bar, homemade pizza evening, or even a “bring your favorite dish” potluck keeps the cooking manageable while giving everyone something to enjoy.

LET CONVERSATION BE THE MAIN EVENT.

The best gatherings are filled with stories, laughter, and easy conversation, not jam-packed with activities and rigid schedules. Keep things



centered on connection rather than hosting, and serve dinner family-style so everyone can help themselves without the formality of plated meals. Pour a glass of wine, brew a fresh pot of coffee for after dinner, and let the evening unfold at its own pace.

If your group enjoys a little friendly competition, bring out a favorite card game, trivia questions, or a lighthearted murder-mystery game after the meal. It's just enough entertainment without making anyone feel like they have to perform.

IT'S THE LITTLE TOUCHES THAT MAKE IT SPECIAL.

Fresh flowers from the garden, candles on the table, cloth napkins, or handwritten place cards can make an ordinary dinner feel like a special occasion. You don't need expensive decorations, just thoughtful details that show you enjoy having friends in your home. Before everyone heads home, snap a group photo. Years from now, those pictures often become just as meaningful as the memories themselves.

As the seasons change and life settles into a comfortable rhythm, evenings like these become even more valuable. Good food is always appreciated, but what people remember most is the feeling of being welcomed, unhurried, and surrounded by friends.

UBER UNCOVERED

Can You Sue After a Collision?

Whether you want to enjoy a night on the town safely or need a dependable ride to the airport, you've likely used a rideshare service at one point or another. Unfortunately, that level of convenience could leave you in an uncomfortable place legally in the event of an accident.

For example, let's say you're riding in an Uber and the driver gets into a crash because of their negligence. If you're injured, suing Uber for your loss should be a no-brainer, right?

Well, not necessarily.

It may surprise you to learn that Uber has a mandatory arbitration agreement requiring passengers and drivers to resolve legal disputes through arbitration rather than in court. You may also be surprised to learn that you agreed to it willingly when you downloaded the Uber app and approved the terms and conditions. That action essentially obligates the

passenger to arbitrate any claim they have related to a trip.

As with most things in law, however, there are exceptions. In a case that unfolded in Virginia earlier this year, a man had ordered an Uber for his mother, who didn't have the app, and the mother was later injured. In this instance, the court decided that she could take Uber to court because she hadn't downloaded the app herself.

Now, here's where things could get sticky. Let's say the son got into the Uber with his mother, and both of them were injured. Only his mother could pursue recovery for losses in court, while he would be required to go through arbitration.

Additionally, what if a pedestrian who has downloaded the Uber app and agreed to its terms is severely injured by an Uber driver who leaves the shoulder and strikes them? Are they able to sue Uber? Does

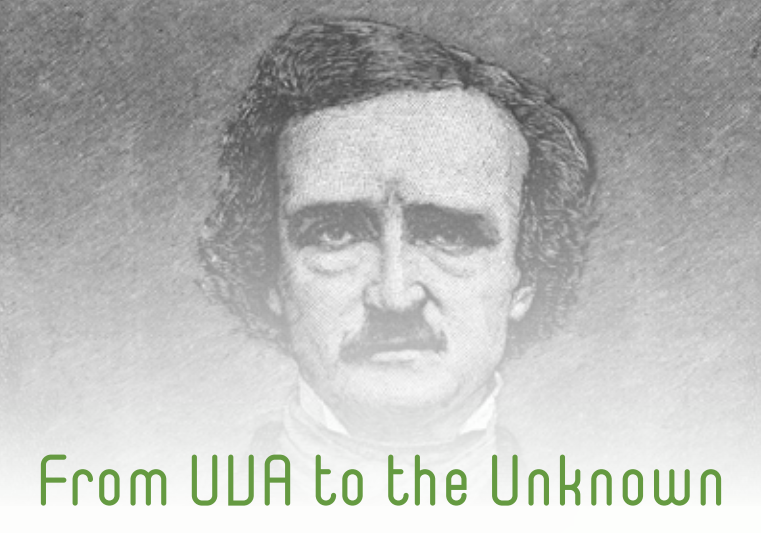


that arbitration clause bind them? Believe it or not, that's not a settled question in all 50 states.

To make matters even more complicated, terms and conditions are updated all the time. How often do you receive a pop-up from a service provider that you must agree to before proceeding? How often do you review the updates before accepting them? I suspect one answer is more affirmative than the other, which is why you should always consult with an attorney in your state if you're ever injured in a rideshare vehicle and/or by a rideshare driver.

After a rideshare accident, don't assume you can sue. Your legal options may depend on details you never knew existed or mattered.

—Kevin Mottley



Edgar Allan Poe's Virginian Past

Literary legend Edgar Allan Poe is synonymous with Halloween's spookiness, but he's also deeply connected to the heritage of the Old Dominion State.

Here is a brief overview of Poe's time in our state, plus a real-world mystery that has added an air of drama and debate to the decades after his death.

POE IN VIRGINIA: A TALE OF DEBT, DRAMA, AND DEPARTURE

Although Poe was born in Boston and built much of his literary career in Baltimore, it's fair for Richmond to claim him as its own. He was still a young child when his mother relocated to Virginia's capital city. When she passed away due to a sudden illness (believed to be either pneumonia or tuberculosis but never definitely confirmed) shortly thereafter, he was cared for (but not formally adopted) by a wealthy Richmond merchant named John Allan (hence the writer's middle name).

With Allan's blessing and support, Poe enrolled in the University of Virginia in 1826. While attending classes in the Schools of Ancient and Modern Languages, he earned a reputation for his sharp memory (which included reciting key literary passages at a moment's notice without warning or preparation) and brooding personality.

Sadly, his time at UVA was short-lived. Struggling financially, he turned to opening lines of credit with Charlottesville merchants and, later, to gambling, to keep himself in school after Allan cut off his funds. Before long, the future literary legend was thousands of dollars in debt, leading a furious Allan to forbid him from continuing his studies. Poe left UVA only a few months after enrolling, never to return.

THE 'POE TOASTER': MARYLAND'S MYSTERIOUS MOURNER

Considering Poe's macabre body of work, it's no surprise his death has been shrouded in dark ambiguity. From 1949 (the centennial of Poe's passing) until the early 2000s, a mysterious (or, as some theories suggest, a stream of mysterious) figure would visit Poe's grave in Baltimore between midnight and 6 a.m. on Poe's birthday on Jan. 19.

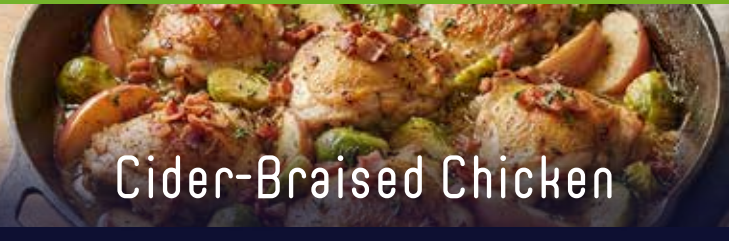
Each year, the unknown man would toast the deceased with a drink of cognac before leaving the remaining bottle and three roses on the gravesite. Although Poe enthusiasts have theorized that the three roses were meant to represent Poe, his wife, and his mother-in-law, the exact reasons for the annual visit and gifts (especially the cognac, which Poe wasn't known to drink) remain as shadowy as the figure (or figures) who had left them for decades.

—Kevin Mottley

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SUDOKU



Cider-Braised Chicken

INGREDIENTS

- 4 slices bacon, chopped
- 8 bone-in, skin-on chicken thighs (about 3 1/2 lbs)
- 2 medium tart red apples, cored and cut into wedges
- 1 12-oz bottle hard cider
- 2 tbsp chopped fresh thyme
- 2 tbsp whole grain mustard
- 1 tsp kosher salt
- 12 oz fresh Brussels sprouts, trimmed and halved

DIRECTIONS

1. In a large skillet, cook bacon over medium heat until crisp; remove from pan, reserving drippings in skillet.
2. Add chicken, skin side down, and cook 10 minutes or until browned, turning once; remove from skillet.
3. Add apples to skillet; cook 4 minutes or until browned on both sides; remove from skillet.
4. Discard drippings.
5. Add cider, thyme, mustard, and salt to skillet, scraping up any browned bits.
6. Bring to a boil; reduce heat. Return chicken to skillet. Cover and simmer 10 minutes.
7. Add Brussels sprouts. Cover and cook 5 minutes.
8. Add apples and cook, uncovered, 3–5 minutes more or until chicken is at least 175 F.
9. To serve, divide chicken, Brussels sprouts, and apples among bowls or plates. Spoon cider mixture over top. Sprinkle each with bacon.