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Can a Walk in the Woods Give You More Time?

SCIENCE SAYS SORT OF

Have you ever noticed how an entire workweek can seem to disappear in the blink of an eye, while an afternoon spent wandering through a forest feels long and memorable? Modern life moves at a relentless pace. Between busy schedules, deadlines, and daily responsibilities, it's easy to feel as though time is constantly slipping away. But something remarkable happens when we step into nature. The world seems quieter, our minds feel less crowded, and the hours don't race by quite so quickly.

Scientists have become increasingly interested in this phenomenon. Research suggests that natural environments can influence how we perceive time, helping moments feel longer and more meaningful.

The Science Behind It

One reason is that nature captures our attention differently than busy urban environments. The sound of birds, rustling leaves, and flowing water draws us into the present moment rather than pulling our focus in multiple directions.

Nature also provides novel experiences that create richer memories. When the brain records more details, periods of time can feel longer when we look back on them. Additionally, spending time outdoors can reduce stress and encourage mindfulness. Instead of focusing on deadlines and responsibilities, we're more likely to become immersed in what's happening around us.



A Different Experience of Time

Nature doesn't actually slow time down, but it changes how we perceive it! By encouraging presence, reducing stress, and creating memorable experiences, the outdoors can make life feel a little less rushed and much more meaningful.

When we fully engage with our surroundings instead of thinking about the next task on our to-do list, we're more likely to savor each moment. That shift in attention can make time feel fuller and more expansive, helping us feel as though we've gained something that's often in short supply: a little extra time to just be present in the moment!



From Personal Loss to Powerful Purpose

Tina's Wish and Angie's Legacy

This month's cover article is one of the most meaningful to ever appear in this newsletter, and it comes to you thanks to someone close to me.

With September being Ovarian Cancer Awareness Month, I welcome a dear friend I've known since my college days, R.J. Gilson, to share a few words with you about the critical need for improved technologies for earlier detection of ovarian cancer, his participation in an extraordinary organization called Tina's Wish, and how you can help. R.J.'s advocacy on behalf of ovarian cancer patients, survivors, and those left behind is deeply personal for him, as he lost his beloved wife of 30 years, Angie, to the illness in September 2024. Here is R.J.'s story in honor of her memory.

Angie knew something was wrong.

It was Christmastime in 2021. Always very attuned to her body, she began to feel run-down and suspected she had a urinary tract infection. Although she tested negative, she continued to feel unwell. An active runner, she suddenly had trouble completing a run she had been doing pretty easily in the past. She also began to experience bloating and had difficulty fitting into her clothes. Before this odd feeling fell over her, she was an incredibly healthy, 53-year-old woman who had been running better than at any other time in her life.



As the months went by, Angie's doctors couldn't pinpoint the problem. It was suggested that these issues could have been related to menopause or just the realities of aging. The symptoms seemed too subtle to immediately point to cancer, but we were wrong.

It wasn't until early September 2022 that she received the news that it was ovarian cancer. By the time the cancer had been identified, one of her lungs had collapsed due to fluid buildup (a byproduct of the cancerous tumors growing inside her). Several other clear symptoms of the cancer were now too pronounced to ignore.

Tragically, 80% of ovarian cancer cases aren't diagnosed until the disease has already progressed to stage 3 or stage 4. Although the five-year survival rate for stage 1 or stage 2 is about 85%, that rate drops to 20% for stage 3 or stage 4. Angie suddenly found herself in the latter category. The OBGYN, the cardiologist, and Angie's other health care providers hadn't put together all the clues in time. As a result, she was suddenly in a fight for her life.

Surgery and chemotherapy knocked out the cancer to the point where there was no evidence of the disease after that first round of treatment. Unfortunately, it came back six months later and progressed rapidly. Eventually, nothing more could be done, and it was time for our daughter Kenzie, our son Carter, and me to say goodbye.

We lost Angie on Sept. 15, 2024. She was only 55.

Since Angie's passing, I've been a proud participant in Tina's Wish, a nonprofit organization dedicated to funding innovative scientific research for the prevention and early detection of ovarian cancer and to providing gynecologic health education. It's a mission I believe in wholeheartedly, and I'm honored to serve as the organization's current Virginia Committee co-chair. As of this writing, Tina's Wish has raised over \$40 million for the cause.



Tina's Wish was founded in 2008 in memory of the Honorable Tina Brozman, a bankruptcy judge in New York. Just like Angie, she passed away two years after being diagnosed too late. As stated on the Tina's Wish website (TinasWish.org), "Tina was not angry that she had the disease; she was angry that she did not know sooner."

I want to play a part in changing what's available in detection technologies so the other women I care about, especially my daughter, have a better chance of overcoming ovarian cancer by detecting it earlier. I invite you to please consider contributing to Tina's Wish to support our ongoing efforts to make this goal a reality. Thank you.

How You Can Help

Tina's Wish will host its annual Virginia Gathering: A Night of the Arts on Thursday, Oct. 15, from 6–9 p.m. in Richmond. The evening features live art created by local artists and cancer survivors, along with cocktails, dinner by the bite, and a program about the research this community is making possible. You can buy tickets, become a sponsor, or make a donation at TinasWish.org/virginia26.

And if you want to learn the signs and symptoms every woman should know, listen to the Tina's Wish podcast "What to Know Down Below" at TinasWish.org/whattoknow. Know Early. Know Hope.

—Kevin Mottley



AGE IS AN ASSET

Why Second-Act Entrepreneurs Are Thriving

Retirement no longer means stepping away from work forever. For many people, it marks the beginning of an exciting new chapter. Across the U.S. and beyond, a growing number of retirees and late-career professionals are launching businesses, consulting practices, and passion-driven ventures. This trend, often called “second-act” entrepreneurship, is reshaping traditional ideas of aging, work, and purpose.

One reason for this shift is that today's retirees bring decades of experience to the table. After spending years building careers, managing teams, and solving complex problems, many discover they still have valuable skills to offer. Rather than slowing down completely, they choose to channel that knowledge into businesses that align with their interests and values. Research suggests that older entrepreneurs often perform well due to

their industry expertise, professional networks, and practical decision-making skills.

Experience as an Advantage

Unlike younger entrepreneurs who may be learning as they go, second-act founders often start with a strong foundation. They've already navigated workplace challenges, built relationships, and developed leadership skills. These advantages can reduce some of the uncertainty that comes with launching a business.

Many successful examples demonstrate this pattern. Business icons such as Colonel Harland Sanders and Ray Kroc found their greatest entrepreneurial success later in life, and their stories continue to inspire people who wonder if they've missed their opportunity to start something new.

Purpose Beyond Retirement

Financial goals certainly play a role, but money isn't always the primary motivation. Many second-act entrepreneurs are seeking purpose,

intellectual stimulation, and the satisfaction of creating something meaningful. A business can provide structure, social connection, and a renewed sense of identity after leaving a long-term career. Experts note that retirees increasingly view entrepreneurship as a way to stay engaged while maintaining flexibility and independence.

A New Definition of Success

Second-act entrepreneurship isn't usually about creating the next \$1 billion startup. Many older founders focus on sustainable businesses that fit their lifestyles and leverage their expertise. Consulting, coaching, e-commerce, and service-based businesses are particularly popular because they often require lower startup costs and offer greater flexibility.

As life expectancy rises and career paths become less linear, second-act entrepreneurship is likely to continue to grow. For many, retirement is no longer an ending. It's the perfect opportunity to begin something entirely new.

Better Aging Through Brainpower

MY MISSION FOR A HEALTHIER MIND

Our lives are only as strong as our health, and staying healthy for as long as we possibly can should always be our greatest goal.

September is Healthy Aging Month, a time for us all to truly focus on ways to promote our overall well-being and longevity.

Naturally, our physical health impacts our mental health, and vice versa. As I get older, I realize the importance of balancing these two aspects of healthy living and aging like never before.

Recently, I've been paying closer attention to things I can do to protect my brain health and possibly prevent Alzheimer's disease. Sadly, I had a grandmother who suffered from that condition, so maintaining my cognitive health has become more of a priority as the years have gone on. As an attorney who often represents clients who have sustained traumatic brain injuries,

I've also studied research that suggests an association between these injuries and the development of dementia and Alzheimer's later in life. Naturally, my interest in brain health extends far beyond just a personal health concern for me.

While I don't purport to be an expert (and I would urge you to consult your physician), I'd like to share a few things I've been doing to hopefully help keep the disease at bay.

First and foremost, I've been working hard to maintain a proper diet. The more nutritious my food intake is, the more active and focused my mind seems to be. I exercise as regularly as possible, and I've also been more mindful of my alcohol intake in recent times. Most significantly, I've really been putting a premium on getting really good sleep. I wear a watch that tracks my sleep, and I check it every morning. My goal has been to get

seven hours and 20 minutes of sleep each night, and I've been averaging about seven and a half.

One thing I've learned along the way is how easy a person's sleep hygiene gets knocked off course. Consuming too much caffeine during the day, not exercising enough, having a beer or cocktail at night, being stressed out about something, or not giving yourself adequate time to get ready for sleep are all common barriers to a good night's rest.

These tips aren't revolutionary, and they will help just about anyone. For additional insights into brain health (including Alzheimer's), I highly recommend the book “Outlive: The Science and Art of Longevity” by Peter Attia, M.D., and Bill Gifford.

—Kevin Mottley

Getting Gameday Ready

My 2026 College Football Predictions

Hotel rooms are booked, the SUV is gassed up (and jacked up!), and my long-suffering family is bracing for another fall of me treating depth charts like they're admissible evidence.

Yes, it's another college football season.

I graduated from Virginia Tech, and I still bleed maroon and orange — but somewhere along the way, my own household got redecorated in garnet and black. Two of our three kids ended up at the University of South Carolina. While I'll always be a Hokie at heart, the Mottley family vote counts, and the majority rules: We're Gamecocks.

Here's the slate with my predictions. Print this out and laugh at me in December!

Sept. 19 — Mississippi State at South Carolina (Williams-Brice Stadium, Columbia)

Mississippi State is still finding its footing, and I'd like the Gamecocks to take full advantage of a friendly home crowd for game one.

Prediction: South Carolina 34, Mississippi State 17

Oct. 3 — Kentucky at South Carolina (Williams-Brice Stadium, Columbia)

Kentucky is rebuilding after a tough 2025, and Williams-Brice should be rocking for this one.

Prediction: South Carolina 27, Kentucky 20

Oct. 10 — Virginia Tech at California (Berkeley, Cal's Homecoming)

I'll be out in the Bay Area visiting our middle daughter, Sarah Ann. She went to grad school at Cal but is also a UVA Wahoo, so I genuinely have no idea whom she'll be rooting for on Homecoming Saturday. After last year's double-overtime classic between these two, I think Virginia Tech will pull out another nail-biter.

Prediction: Virginia Tech 31, California 28

Oct. 24 — Tennessee at South Carolina (Williams-Brice Stadium, Columbia)

Our son Andrew, a 2022 South Carolina grad and lifelong Gamecock, is flying in for this one. I know Tennessee is the smart pick, but I'm making the homer pick anyway.

Prediction: South Carolina 27, Tennessee 24

Nov. 7 — Texas A&M at South Carolina (Williams-Brice Stadium, Columbia)

This could be the game where the schedule finally catches up with the Gamecocks.

Prediction: Texas A&M 30, South Carolina 24

Nov. 21 — Georgia at South Carolina (Williams-Brice Stadium, Columbia)

Georgia is loaded again, and I don't see a realistic path for the Gamecocks in this one.

Prediction: Georgia 38, South Carolina 17

One more thing: Over the years, we've built out an epic tailgate right outside Williams-Brice Stadium in Columbia before every home game. If you're going to be in the area for any of these games, come find us. Just let me know you're coming so I know how much extra to grill.

See y'all on gameday!

—Kevin Mottley

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



INGREDIENTS

- 8 large green cabbage leaves
- 2 tbsp vegetable oil, divided
- 2 large bell peppers, thinly sliced
- 1/2 large yellow onion, thinly sliced
- 1 tsp dried oregano
- Kosher salt
- Freshly ground black pepper
- 1 lb skirt steak, thinly sliced
- 6 slices provolone

DIRECTIONS

1. In a large pot of boiling water, blanch cabbage leaves for 30 seconds, then let dry on paper towel-lined plate.
2. In large skillet over medium, heat 1 tbsp oil. Add bell peppers, onion, and oregano. Season with salt and pepper.
3. Cook until tender; transfer to a plate.
4. In the same skillet, heat remaining oil.
5. Arrange steak in a single layer and season with salt and pepper.
6. Cook until seared on one side, about 2 minutes. Flip and repeat.
7. Return onion and peppers to skillet and top with an even layer of provolone, then cover and cook until cheese melts.
8. Scoop steak mixture onto cabbage leaves, roll like a burrito, and serve.