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THE HANOVER TOMATO, A JUICY, RED TREASURE

Virginia's Unmatched Flavor

One of my earliest childhood memories was when my parents picked tomatoes and served them fresh to my sister and me. My mother would slice up a huge, red, juicy tomato, add a thin layer of mayonnaise, and chop it into tiny pieces we could eat. That was my first experience with the famous Hanover tomato, and I will never forget it.

Growing up in Hanover County, Virginia, I experienced many unique traditions relating to the almighty Hanover tomato. We had the Tomato Bowl, the annual football game between the two oldest high schools in the county. I seem to recall there being a Tomato Queen, but I cannot seem to find confirmation online that this is still a thing. Along with all of these fantastic events, the most popular had to be the annual tomato festival, which has been going on for decades now, and just happened on July 12-13, making it the perfect time to celebrate.

July is National Grilling Month, a time to prepare and grill your favorite meals for friends and family. It's all great, but the timing has to be wrong because Virginia is way too hot during the summer months. Instead, getting into the heart and soul of grilling would be more fitting in October; this should be the real National Grilling Month because it is cooler outside, sports are playing on TV, and it is a perfect time to grill at home or even at a tailgate. Despite the heat, the good old Hanover tomato remains our local star.

My dad was big into gardening, with a large garden full of juicy red Hanover tomatoes, and I remember it as a constant part of my childhood. I always wondered what the fuss was and if they were worth the hype, but there is indeed a difference if you compare them to tomatoes from neighboring counties: The Hanover tomato is an intense red during the peak season with no mealy, mushy or watered-down flavor. It is meatier and sweeter than other tomatoes, the perfect flavor for anything accompanying it.

There are so many ways to devour this particular fruit. Some of my favorites include a big, thick slice of a Hanover tomato on a hamburger; nothing is



better. A close contender is a lovely, fresh caprese salad with sliced tomato, mozzarella cheese, and basil. While those are fantastic lunch or dinner recipes, let's not count out one of my favorites, tomato pie. For breakfast, the most important meal of the day, slicing these tomatoes up and putting salt and pepper on them with eggs is delicious. It makes a great traditional "English breakfast."

While July's heat might deter many people from fully appreciating the joys of grilling, it is always the right time to indulge in a fresh, juicy Hanover tomato. From childhood memories to modern-day recipes, Hanover tomatoes have been a constant and delicious part of my life. Their unique flavor makes them stand out and will always hold a special place in my heart — and on my plate.

—Kevin Mottley

LOBSTER TALES THE CULINARY ODYSSEY OF AMERICA'S FAVORITE CRUSTACEAN

It may be hard to believe, but for much of our nation's history, you would be more likely to find lobster on the menu of a prison cafeteria than an upscale restaurant. For centuries, these crustaceans harbored a reputation as protein for the poor. In fact, lobster has only recently become a luxury item. This is the story of the lobster and how it rose from a side dish to the main course.

Seafood for Settlers

When settlers first arrived in America, they soon discovered the shores were teeming with shellfish, which the Native Americans often used as fishing bait and fertilizer. Lobster was so plentiful that settlers did not need to dive to catch them: They would simply pile up on the shore like produce at a grocery store. The crustaceans, some weighing up to 40 pounds, were so prolific and cheap that it was the primary food for prisoners, workers, and children. Servants ate so much that they got sick of them and reportedly included stipulations in their employment contracts that an employer would only serve lobster a maximum of two times per week.



Canned Crustaceans

While lobster became known as a ready food source for those living on the coast, its short shelf life made it inaccessible to those living farther inland. This all changed in the 1870s with the advent of canned foods and train travel, which made lobster even *more* affordable and plentiful nationwide. However, their affordability led to increased demand, which resulted in overfishing. Eventually, lobster numbers dwindled, and they became less accessible.

Shellfish Revival

In the 1920s, people yearned to taste lobster once more. This yearning only grew once chefs discovered that boiling the crustaceans while they were still alive helped to enhance their flavor — much to the lobsters' dismay. Restaurants in New York and Boston began serving lobster on their menu, but the increased demand and scarcity made them into the expensive treat we know today. Lobster's rise from bottom feeder to a top-shelf delicacy has changed the culinary landscape worldwide — the scrumptious shellfish is now a delicacy served worldwide.

TURNING THE PAGE

Top Books to Guide You Through the Empty Nest Transition

Ah, the empty nest. It's a bittersweet time when the kids finally fly the coop, and you're left wondering what to do with all the newfound silence — and space. Whether you're feeling lost or looking forward to rediscovering your own interests, plenty of books can help you navigate this new phase of life. Here are three top picks every parent of newly adult children should consider adding to their reading list.

'The Empty Nest: 31 Parents Tell the Truth About Relationships, Love, and Freedom After the Kids Fly the Coop' by Karen Stabiner

This collection of essays offers a mosaic of perspectives on the empty nest phase, from the melancholy to the liberating. Compiled by Karen Stabiner, the book explores the myriad ways parents cope with this transition. It's comforting to read about other's experiences and see how they've embraced (or struggled with) the changes, making this book a great starting point for those fresh to the empty nest lifestyle.

'The Joy of Less: A Minimalist Guide to Declutter, Organize, and Simplify' by Francine Jay

Now that the kids are out of the house, it's the perfect time to declutter and simplify your home — a task that



symbolizes this new chapter in your life. Francine Jay's "The Joy of Less" isn't specifically about empty nesting, but its principles can help you clear out those now-unused spaces and make room for new hobbies and interests you previously set aside.

'From Mom to Me Again: How I Survived My First Empty-Nest Year and Reinvented the Rest of My Life' by Melissa T. Shultz

Melissa T. Shultz shares her transformative journey from a full-time mother to a fulfilled individual with a life enriched by new pursuits and passions. Her story is inspiring and offers practical advice for making the most out of the empty nest period. It's mainly geared toward mothers facing the daunting question: "Who am I now that I'm not a full-time mom?"

Reading these books can provide comfort, inspiration, and practical tips for navigating life's emotional and practical aspects after your children have grown up and moved out. It's your time now — enjoy rediscovering yourself and embracing all the possibilities ahead!

A SILENT STRUGGLE

Dealing With Depression After a TBI

Suffering a traumatic brain injury (TBI) can be a life-altering experience, bringing on numerous challenges. Among these, the impact of depression, a silent adversary, is often overlooked. The psychological toll of a traumatic brain injury is profound, affecting not only the injured individuals but also their families and friends. Because the brain is the epicenter of our emotions, cognitive functions undergo significant changes when it is subjected to trauma, and these changes affect mood, energy levels, and overall well-being.

What are the symptoms of traumatic brain injury depression?

Individuals with traumatic brain injury-related depression may experience persistent feelings of sadness, hopelessness, and isolation, which further complicates the healing process. Additional symptoms can include difficulty concentrating, memory

issues, trouble sleeping, and poor appetite. These emotional challenges can extend to personal relationships, as the injured person may struggle to connect with loved ones. Someone with TBI depression can also risk losing their job due to diminished cognitive function and emotional instability, while daily activities become increasingly complex, leading to a reduced quality of life.

What is the treatment plan for traumatic brain injury depression?

Treating TBI depression typically involves a multidisciplinary approach. Psychotherapy, such as cognitive behavioral therapy, often helps individuals manage their symptoms and develop coping strategies. Medications, including antidepressants, can also be effective in controlling the symptoms of depression. Support groups provide community and understanding,



helping individuals feel less isolated and navigate their recovery.

Depression is a significant and challenging aspect of life, but even more so after a traumatic brain injury. Understanding its impact and seeking appropriate treatment are essential steps toward recovery. Legal assistance from experts like The Mottley Law Firm can provide critical support in securing the necessary sources for help; we are here to guide you through this difficult time. Give us a call today!

—Kevin Mottley

BREAKING DOWN BARRIERS

The Road to Rehabilitation After a Traumatic Brain Injury

Studies show that nearly half of patients hospitalized for moderate to severe traumatic brain injuries (TBI) exhibit long-term disabilities, impacting approximately 5 million Americans. These injuries often necessitate different courses of action depending on their severity and type, with neurological rehabilitation frequently playing a crucial role in the recovery process.

Neurological rehabilitation, also known as brain rehabilitation therapy, is essential for helping patients relearn functions and compensate for losses after a brain injury. It focuses on helping individuals regain abilities necessary for daily living, such as walking, eating, and getting dressed. Traumatic brain injury patients may struggle to return to independent living, so this practice aims to restore their functions so they can return to school or work.

What is the primary goal of rehabilitation?

The main goal of rehabilitation is to help individuals learn to compensate for and manage long-term effects on their everyday life duties. Health care professionals often recommend several types of neurorehabilitation to accompany their other rehabilitation efforts.

What are the most common types of neurological rehabilitation?

These strategies can include physical therapy, relearning fine motor skills, and cognitive therapy to address memory loss. These treatment sessions differ widely based on the severity and nature of the injury. Here are some rehabilitation types and their function.

- Cognitive rehabilitation enhances thinking skills such as creativity and problem-solving; speech and language rehabilitation supports communication difficulties.
- Speech and language rehabilitation supports communication difficulties.
- Neuromuscular rehabilitation treats mobility and motor control limitations to regain independence.
- Vocational rehabilitation helps patients resume work or develop new career goals.

Following a traumatic brain injury, neurological rehabilitation is essential for recovery. Various therapies and interventions are vital for restoring function and quality of life after a traumatic brain injury. However, accessing the service, which may be required for weeks or months, can pose significant financial challenges for many individuals. The Virginia brain injury lawyers at the Mottley Law Firm provide valuable insights, helping individuals and their families navigate the process of seeking compensation for these costly expenses.

—Kevin Mottley

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

SUDOKU



TOMATO GNOCCHI KEBABS

INGREDIENTS

Inspired by Delish.com

- 1/4 cup fresh parsley
- 1/4 cup fresh basil
- 1/4 cup and 2 tbsp extra-virgin olive oil, divided
- 2 tsp capers
- 1 tbsp fresh lemon juice
- 1 clove garlic
- Kosher salt
- 1 12-oz package fresh gnocchi
- 2 pints tomatoes
- 2 small red onions, cut into 2-inch pieces
- Freshly ground black pepper

DIRECTIONS

1. In a food processor, combine parsley, basil, 1/4 cup oil, capers, lemon juice, and garlic to make salsa verde. Blend until smooth, season to taste with salt, and chill until ready to serve.
2. If using bamboo skewers, soak in water to prevent scorching.
3. In a large bowl, toss gnocchi, tomatoes, onions, and remaining oil until coated. Season with salt and pepper, then thread gnocchi, tomatoes, and onions onto the skewers.
4. On a grill preheated to medium-high, cook the kebabs, flipping halfway through, until the tomatoes are blistered and the gnocchi is browned (7–8 minutes).
5. Transfer kebabs to a platter, drizzle with salsa verde, and serve.