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The Mottley Law Firm

# GRAB AND GROW

## A NEW YEAR'S GUIDE TO GOALS

Somehow, we blinked, and 2025 is here! I hope this month's newsletter finds you well and in good spirits as we begin another year. Like many of you, I've had some downtime these days after the flurry of activity that came at the close of 2024. That said, I'm just now setting a course for a fresh start in the months ahead.

Many people believe the holidays — and December in general — are a great time to reflect on the direction of their lives and set goals for the future, but that wasn't the case for me this time. From handling legal work and running my firm to staying on top of family obligations, Halloween through Christmas was extremely busy for me — and a horrible time to be consumed with setting too many new benchmarks.

Thankfully, the past few days have been different. A pause in activity finally began the day after Christmas, and my clients are just now starting to remember I'm here! Fortunately, I used that late-game downtime to hone my targets for the new year.

***"Nobody has a crystal ball to determine how 2025 will unfold, but focusing on positive goals and accomplishments will carry you through whatever hardship or obstacle may come your way."***

For years, I've written down my goals and condensed them into bullet points. I'll put those bullet points on a heavy-stock card about the size of a credit card, laminate it, put it in my wallet, and carry it with me all year. Do I look at it every morning when I wake up and every night before I go to bed? Let's get real — that's kind of crazy! Instead, I pull it out when I feel discouraged, rudderless, or ask myself, "Hey, why am I doing this? Why am I putting myself through the misery of working long hours to do something?" It reorients me to my main objective and reminds me that although I may be going through some tough stuff, there are great things to work toward. (By the way, my "goal card" also has a way of popping out at unexpected times. I can't buy alcohol with it, so why does it stick out when I'm in the check-out line at the store and asked to show my driver's license? All kidding aside, that little "goal card" has gotten me where I've needed to be in life.)



The best thing about setting goals this way is that they remind me of everything I've accomplished and all I still aim to achieve. I'm thankful to have created a fantastic law firm with a mission to make a difference for people — especially when facing a catastrophic injury and/or the biggest trial of their lives. Although the road to running any business isn't always smooth, those goals remind me it's worth it.

If you have trouble keeping track of your New Year's goals (or tend to forget them entirely by the spring), I highly recommend creating a "goal card" to carry wherever you go. It's not something you need to obsess over, but it will help you stay on track when you face challenges at work or in your home life. Nobody has a crystal ball to determine how 2025 will unfold, but focusing on positive goals and accomplishments will carry you through whatever hardship or obstacle may come your way.

Thank you for your continued interest in and support of Mottley Law Firm. I look forward to helping you make 2025 an extraordinary year!

*-Kevin Mottley*

# Skating Through History

## How Figure Skating Twirled Into Modern Times

Who knew this graceful and frosty sport had such peculiar beginnings? Strap on your skates, folks — we're sliding into the fascinating world of figure skating history, with a few spins and jumps along the way.

### BONE TO BE WILD

Long before figure skating became the artistic and athletic spectacle we know today, it was a literal bone-shaking experience. Imagine strapping animal bones to your feet to skim across frozen lakes — sounds like an early winter version of ice skating, right? That's precisely what people in Finland did thousands of years ago, using "skates" made from animal bones as a practical way to avoid lengthy detours around icy obstacles.

### DANCING ON ICE

Flash forward to the 19th century, when figure skating began to embrace its inner dance. Inspired by the elegant waltz, members of the Vienna Skating Club took their ballroom moves to the ice, effectively inventing what we now admire as ice dancing. Swirling across the ice, these pioneers transformed a pastime into a dance of beauty on blades.

### A LEAP FOR EQUALITY

Jump to the turn of the 20th century, when figure skating was making its mark in the competitive arena. Initially, the World Championships of 1896 were an all-male affair in St. Petersburg, Russia. But by 1902,

the tides had turned at the London championships. The pioneering Madge Syers glided into the competition and snagged second place right behind the male champion, Ulrich Salchow (yes, the guy who gave us the Salchow jump). This remarkable feat prompted the introduction of a separate division for women just three years later, setting the stage for gender equality on ice.

### PHYSICS ON ICE

When skaters land a jump, they can exert over 1,000 pounds of pressure — imagine the force of a small car landing on ice! During those breathtaking spins, reaching speeds of 300 revolutions per minute, skaters experience forces akin to those faced by astronauts during centrifuge training. It's not just artistry; it's physics in motion!

From bone skates to balletic leaps on ice, figure skating has evolved dramatically over the centuries. So, next time you watch a figure skating competition, remember the rich history that brought us those polished performances.



# Embrace the French Art of Living

## ENRICH YOUR GOLDEN YEARS WITH L'ART DE VIVRE

Living like a French person isn't just about enjoying cheese and wine; it's about embracing l'art de vivre, or the art of living. This philosophy emphasizes finding joy in simple pleasures, prioritizing quality over quantity, and cultivating beauty in everyday life. For those of us reaching our golden years, adopting this way of life can enhance our quality of life and make every moment more fulfilling. Let's explore how you can infuse your daily routine with French elegance and leisure.

### Slow down and savor.

The essence of the French lifestyle is taking the time to savor life's joys. In France, this might mean lingering over a meal rather than rushing through it. Apply this principle by taking time to appreciate the small details of your day, whether enjoying the quiet morning hours with a cup of coffee or watching the sunset. This deliberate slowdown helps to reduce stress and increase mindfulness.

### Prioritize self-care.

Self-care is paramount in French culture. It goes beyond vanity to encompass a comprehensive lifestyle that maintains mind and body health. This can involve a balanced diet rich in natural foods, regular physical activity, and routines nourishing the body and soul. As you age, these practices are vital for maintaining your health, energy, and vitality, allowing you to enjoy your years to their fullest potential.

### Choose quality over quantity.

The French are known for their classic style, which favors quality over quantity. This principle applies to various aspects of life, from clothing to kitchenware. Investing in fewer but better-quality items ensures longevity and guarantees your purchases are meaningful and genuinely improve your life.

### Inspire your inner artist.

The French celebrate creativity as a significant aspect of their daily life. Emulate this by setting aside time for cultural activities that spark



your creativity and passion. Whether attending a concert, visiting an art gallery, or simply engaging in a creative hobby at home, these activities enrich your life, stimulate your mind, and provide tremendous joy.

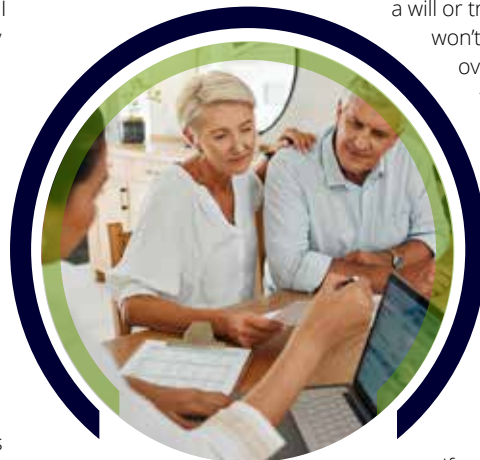
Adopting these elements of the French art of living can bring richness and joy to your everyday life, proving that the golden years can be your most vibrant

# A PLAN FOR PEACE Head Off Family Feuds Early

When Jan. 1 appeared on my fresh 2025 calendar, I began thinking of helpful tips I could share with my clients for wise New Year's resolutions. Although I briefly discussed estate planning in last month's newsletter, I'd like to continue focusing on this subject, as it is an absolutely critical part of ensuring peace and harmony within your family.

If you're conscientious about your wealth and personal estate, starting 2025 with a thorough review of your estate plan is one of the best things you can do to ensure your family's peace and security. Of course, if you've yet to consider setting up an estate plan, it's essential you meet with a lawyer who specializes in this area to get the process started as soon as possible. Although Mottley Law Firm doesn't draft these plans, we have numerous referral partners we'd be happy to send you to if you contact us for a recommendation.

Estate planning is a topic that is never far from my mind. My firm has handled several unfortunate cases in which family members were in a dispute over a loved one's estate. These situations arise because people don't take the necessary steps to create an appropriate plan. Drafting



a will or trust with the help of an estate planning lawyer won't necessarily guarantee your family won't fight over things after you're gone. However, considering these matters well in advance drastically reduces the likelihood of these disagreements.

Another recommendation I have for you as you start the new year is to talk with your loved ones about your intentions for your legacy — and not play favorites when sharing that information. These conversations may be uncomfortable for some folks, but having them while developing your estate plan is your best protection against conflicts after you depart.

If you are in a dispute with family members or others regarding a lost loved one's estate, please contact us to discuss your concerns. Our firm handles cases of this nature every day, and we will work to get the matter back on track so you can avoid further turmoil with your loved ones.

*—Kevin Mottley*



# THE RIGHT-OF-WAY RUMBLE

## INSIGHTS INTO INTERSECTION SAFETY

Sometimes, the most straightforward rules of the road cause the most confusion.

Let's say you drive up to a two-way stop intersection right as a driver across from you does the same. Suddenly, they start flashing their lights at you and waving at you to go. Before, you only had to decide whether you had the right of way and check if traffic was coming in either direction. *Now*, you have to worry about whether the person on the other side wants you to go ahead of them or if they are trying to signal something else to you. What if you interpret their flashing lights as a prompt to go, but they suddenly change their mind? Oh, and you still need to worry about the possibility of traffic coming down the street from either direction. Now, add to this mental picture the possibility that it's your teenage daughter or son trying to make all those decisions in a matter of seconds. Unsurprisingly, accidents happen at two-way stop intersections across the country.

We have one of these intersections coming out of my neighborhood, and it never ceases to amaze me how many people just don't understand who has the right of way. I've seen drivers flash their lights at other vehicles to encourage them to go because they don't know what to do. I've seen drivers stop on the *main road* and wave people across it. Drivers are just trying to be generous and polite in these situations. Still, the reality is that these actions create a more dangerous situation than if everyone just knew and followed the rules.

Fortunately, this scenario is not as complicated as it may seem. The person who arrives at this kind of intersection first does not automatically have the right of way — the person going straight or turning right does. Anyone turning left must always yield to the vehicle at the other stop sign across the way. If you're going straight or taking a right, you have the right of way. It's that simple!

*—Kevin Mottley*

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## SUDOKU

Inspired by TasteOfHome.com



## Citrus-Herb Pork Roast

### INGREDIENTS

- 1 boneless pork sirloin roast (3–4 pounds)
- 2 tsp dried oregano
- 1/2 tsp ground ginger
- 1 tsp pepper
- 2 medium onions, cut into thin wedges
- 1 cup plus 3 tbsp orange juice, divided
- 1 tbsp sugar
- 1 tbsp grapefruit juice
- 1 tbsp steak sauce
- 1 tbsp reduced-sodium soy sauce
- 1 tsp grated orange zest
- 1 tsp salt
- 3 tbsp cornstarch
- Egg noodles, cooked

### DIRECTIONS

1. Cut roast in half. In a small bowl, combine oregano, ginger, and pepper; rub over pork. In a large skillet coated with oil, brown roast on all sides. Transfer to a slow cooker; add onions.
2. In a small bowl, combine 1 cup orange juice, sugar, grapefruit juice, steak sauce, and soy sauce; pour over roast. Cover and cook on low for 4–5 hours or until meat is tender. Remove meat and onions to a platter.
3. Transfer cooking juices to a small saucepan. Add orange zest and salt. Bring to a boil. Combine cornstarch and remaining orange juice. Gradually stir into the pan for 2 minutes or until thickened. Serve with pork and noodles.