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COMMON WEATHER MISCONCEPTIONS! WHAT YOU THOUGHT YOU KNEW MIGHT SURPRISE YOU

Weather has been mystifying human beings for thousands of years, so it's no wonder countless misconceptions surround it. Does science back up any of these superstitions, or are they all just a bunch of bunk? Let's bust three common myths!

Myth 1 — Groundhogs can predict the weather.

Despite what Punxsutawney Phil wants you to believe, a groundhog's annual behavior on Feb. 2 does not indicate whether or not there will be six more weeks of winter. Historians traced the origins of this tradition back to the ancient Celtic people, who marked the beginning of their seasons with holidays on the first of certain months. February was a time for lighting candles and predicting how long the winter would last. As people immigrated to new lands, they crossed paths with Germanic people, who introduced the addition of an animal weather prophet, though initially it was a badger and, at one point, a hedgehog! Eventually, the tradition solidified into what we know today.

Myth 2 — A tornado is coming if the sky turns green.

Sometimes, light can play tricks on us when refracted through certain clouds. In rare cases, dark storm clouds can hit sunbeams at a certain angle, scattering the light so the light looks green. However, this is not a great indicator of a tornado on the horizon.

Myth 3 — Lightning never strikes the same place twice.

Lightning can strike the exact location repeatedly, even in the same storm. Take, for example, the story of Liu Nan, a Chinese man struck by lightning twice in the same spot in less than five minutes. Miraculously, the man survived. Additionally, the Empire State Building gets struck by lightning approximately 25 times yearly! While we're on the subject — it's not your car's rubber tires that protect it from lightning strikes but the metal cage of the vehicle that conducts and directs 300 million volts of electricity safely into the ground.

Did you believe any of these common myths about weather? These certainly aren't the only misconceptions about our weather world — and since some appear to be rooted in fact, it's good to do your own research using reputable sources, just to be sure.



DISCOVERING NASHVILLE

A Family Vacation Filled With Music and Memories

This year, our family decided to take a trip that would blend our love for music with the charm of a city steeped in musical history — Nashville. I had already visited the city earlier in the year for work, but this time, I was excited to bring the whole family along, especially to see one of my all-time favorite artists, Kenny Chesney.

We settled into an Airbnb in a trendy area of Nashville known as The Gulch. The location was perfect — right in the heart of everything, making it easy to explore the city without missing a beat. The Gulch served as our home base, and we were eager to dive into Nashville's rich cultural and musical experiences.

One of the highlights of our trip was visiting the Country Music Hall of Fame. As a lifelong country and bluegrass fan, this was a dream come true. The Hall of Fame is a treasure trove of memorabilia, telling the stories of country music legends through exhibits that capture the heart and soul of the genre. Walking through those halls, I felt a deep connection to the music that has been the soundtrack to so many moments in my life. It wasn't just me who enjoyed it — the whole family was captivated by the history and the stories behind the songs we all know and love.

Nashville is known for its vibrant nightlife, and we made sure to experience it firsthand. Broadway, with its endless array of honky-tonks and live music venues, was a nightly destination. We wandered in and out of saloons, soaking up the live performances that poured out of every door. The energy on Broadway is contagious; it's impossible not to get caught up in the city's rhythm.

But the crown jewel of our trip was, without a doubt, the Kenny Chesney concert. We were lucky enough to snag tickets in the Sandbar, the standing-room-only section right up against the stage. Being that close to the action was an unforgettable experience. The Sandbar lived up to its reputation as the best place to be — just feet away from the performers; it felt like we were part of the show. The evening started with performances by Uncle Kracker and the rising star Megan Moroney, followed by the Zac Brown Band, which completely blew me away. Although I've always enjoyed their music, seeing them live brought a whole new level of appreciation.

When Kenny Chesney finally took the stage, it was everything I had hoped for and more.

As a longtime fan, this was my first time seeing him live, and the experience didn't disappoint. No Shoes Nation, as his fan base is affectionately known, is all about letting go of worries and enjoying a night of music and good vibes. We spent the night singing along to his hits, surrounded by thousands of other fans who were just as thrilled to be there.

Of course, not everything went according to plan. My daughter, Sarah Ann, was supposed to join us, but her flight from New York got canceled at the last minute, leaving her stranded. It was a big disappointment, but we're already planning to make it up to her next year with another Chesney concert, possibly out West, where she'll live in California. We've got our eyes on a show in Idaho or Montana — somewhere new to explore and create more memories.

Looking back, this trip to Nashville was a celebration of music, family, and the joy of being together. Whether exploring the halls of the Country Music Hall of Fame, experiencing the electrifying nightlife on Broadway, or standing mere feet away from Kenny Chesney himself, every moment was filled with the magic only Nashville can offer.

My advice for anyone planning a similar trip is simple: pace yourself, stay hydrated, and, most importantly, soak in every moment. Nashville is a city that doesn't just play music; it lives and breathes it, and there's no better place to experience that than right in the heart of it all.

—Kevin Mottley



Me with the statue of the King of Bluegrass, Bill Monroe, in front of the legendary Ryman Auditorium

LOVE IN MOTION

How Staying Active Can Strengthen Your Relationship

Living a healthy lifestyle doesn't have to be boring, especially if you don't do it alone.

Whether blending smoothies or workout routines, tackling health and fitness with your partner strengthens your body and your bond. Here are some playful yet

practical tips on how couples can keep each other motivated and moving toward a healthier lifestyle.

Cook Together, Grow Together

The kitchen is the heart of the home, and cooking together can be a recipe for delicious meals and excellent communication. Swap out the takeout menus for a stack of healthy recipes you can cook as a duo. Cooking at home lets you control your ingredients and portions, making it easier to stay on track.

Workout Partners for Life

Couples who train together stay together! Whether jogging through the park, attending a spin class, or doing yoga in the living room, find activities

you both enjoy. This not only helps you stay physically fit but also keeps you accountable. Plus, a little healthy competition never hurt — challenge each other to push-ups or racing laps in the pool!

Healthy Date Nights

Rethink your date night by planning fun and beneficial activities for your health. Skip the movie and popcorn and go for a hike, rent bikes, explore a new part of town, or take a dance class together. These active dates help you stay fit while spending quality time together. It's about making memories while moving your muscles!

Share the Mental Load

Mental health is just as important as physical health. Open communication about each other's needs and feelings is crucial to maintaining a healthy relationship. Engage in activities that reduce stress and increase happiness, like meditating together or starting a gratitude journal.

Remember, the journey to health doesn't have to be a solo trek. When you incorporate these activities into your relationship, you can build a foundation of health and happiness that supports both your goals.

Protect Your Mind

COMMON CAUSES OF BRAIN TRAUMA

Imagine a world where your thoughts become foggy, your emotions unpredictable, and your daily routines a constant struggle. This is the reality for millions of people living with traumatic brain injury (TBI). Often called the "silent epidemic," TBI affects countless individuals worldwide, yet its impact remains largely misunderstood. In this article, we'll explore the most common causes of TBI and shed light on this life-altering condition.

Falls: The Leading Culprit

When we think of dangerous activities, a simple walk might not come to mind. However, falls are the leading cause of TBI, especially among the elderly and young children. From slipping on icy sidewalks to tumbling down stairs, these accidents can have devastating consequences. We've all had our clumsy moments, but it's crucial to recognize that even a seemingly minor fall can lead to serious brain trauma.

Sports and Recreation: The Double-Edged Sword

We often celebrate the thrill of sports, but with great excitement comes great risk. Contact sports like football, boxing, and hockey are notorious for causing TBI. Even "safer" activities like cycling or skateboarding can result in head injuries if the participant doesn't take proper precautions. While we don't want to discourage physical activity, it's essential to prioritize safety and wear appropriate protective gear.

Vehicle Accidents: The Road to Recovery

In our fast-paced world, car accidents are an unfortunate reality. The sudden impact of a collision can cause the brain to collide with the skull, leading to TBI. Whether you're a driver, passenger, or pedestrian, the risks are ever-present. Remember, whenever you buckle up or look both ways before crossing the street, you take a crucial step in protecting your brain.



As we navigate life, let's not take our brain health for granted. By understanding the common causes of TBI, we can take proactive steps to protect ourselves and our loved ones. Wear that helmet, use handrails, drive defensively, and create a safe environment at home and work. Remember, your brain is your most valuable asset — treat it with the care it deserves.

If you need legal representation for a TBI injury, don't hesitate to reach out to the experienced attorneys at Mottley Law Firm. Your brain will thank you for it!

—Kevin Mottley

BEYOND THE CRASH

The Domino Effect of Truck Accidents

In the bustling streets of Virginia, where 18-wheelers share the road with family sedans, accidents involving commercial trucks can instantly turn lives upside down. At The Mottley Law Firm, we understand the complexities of these cases and are committed to guiding our clients through the legal labyrinth that follows such incidents.

More Than Just a Fender Bender

When a commercial truck is involved in an accident, it's rarely a simple matter. Like a game of legal dominoes, one piece can trigger a cascade of consequences. It's not just about the driver; the trucking company, vehicle manufacturer, and even cargo loaders could be held responsible. Our team at The Mottley Law Firm meticulously investigates every angle, ensuring no stone is left unturned in pursuit of justice for our clients.

The Art of Evidence Collection

In the world of truck accident cases, evidence is king. From the black box data that records the truck's every move to the driver's logbooks that might reveal fatigue or overwork, each piece of information is crucial. Our attorneys are adept at securing this evidence before it disappears, sending out "spoliation letters" faster than you can say "objection sustained."

Calculating Your Worth

Putting a price tag on pain and suffering isn't easy, but it's a necessary step in seeking fair compensation. At The Mottley Law Firm, we don't just look at your current medical bills; we consider the long-term impact on your life, career, and well-being. It's not about getting a quick settlement; it's about securing your future.

Your Advocate in the Legal Arena

Whether we're negotiating with insurance companies or presenting your case in court, The Mottley Law Firm stands ready to be your voice. We know the other side's tactics, and we're prepared to counter them at every turn. Our goal is simple: to ensure you receive the compensation you deserve, allowing you to focus on what matters — your recovery.

In the aftermath of a truck accident, you don't have to face the legal system alone. The Mottley Law Firm is here to navigate the complexities, fight for your rights, and pave the way to the justice you deserve. Remember, in truck accident law, experience isn't just an advantage — it's a necessity.

—Kevin Mottley

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

SUDOKU



PERFECT PEACH COBBLER

INGREDIENTS

- 6 cups sliced fresh peaches
- 1/2 cup granulated sugar
- 2 tbsp all-purpose flour
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 2 cups all-purpose flour
- 1/3 cup packed brown sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup cold butter, cut into pieces
- 1/2 cup milk
- 2 tbsp butter, melted

DIRECTIONS

1. Preheat oven to 375 F and grease an 8-inch square baking dish.
2. In a large bowl, combine peaches, sugar, 2 tbsp flour, cinnamon, and nutmeg; mix until blended, then spoon into prepared dish.
3. In a medium bowl, combine 2 cups flour, brown sugar, baking powder, and salt.
4. Cut in butter with forks or pastry knife until mixture resembles coarse crumbs.
5. Add milk and stir until just blended.
6. Drop dough by spoonfuls onto peach mixture and drizzle melted butter on top.
7. Bake for 40–45 minutes or until top is golden brown.