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NEWSLETTER

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FOR MY DAD

My dad, Bernard "Barney" Miller, was a brilliant trial lawyer and an even better father. He passed away just over two months ago. This inaugural edition of the Work Injury Center Newsletter is dedicated to his blessed memory.

My father trained me; he was one of my mentors. As a trial attorney, he was one of the best in the entire state. From him, I learned how to try cases, how to talk to jurors, and, most importantly, how to effectively represent injured workers.

I used to watch him speak to the jury in court. He was always genuinely himself, a guy from New York trying cases in 1960s Portsmouth, Virginia, at a tiny country-style courthouse built in the 1800s. Still, he didn't change his accent. He didn't change anything. But he was skilled and spoke the truth, so people listened and paid attention, and he won verdict after verdict for his clients. I learned this from my dad: Don't try to be someone you aren't. It doesn't matter where you go or what courtroom you're in, if you speak the truth, tell your jury how it is, and advocate for your client, you'll do well.

My father had a special place in guiding my career. He got me involved in representing injured workers, and I've never forgotten that allegiance. I started as an attorney representing injured railroaders, just like my dad. I've been practicing for 27 years now, but for the first 10, that's all I did. From these men and women, I got the taste for representing the injured worker. When railroad workers

were hurt, they had nothing to fall back on. A lot of them didn't have a way to make money after they were injured.

When I started my own practice, I was mostly representing car accident victims. I felt and still feel that is needed; however, we were also getting calls from people who were hurt at work and suffering. Some were truckers. Some were electricians, some painters, some certified nursing assistants. Just about every occupation you can think of. When I heard the stories from all these people about getting screwed over in the same way as the railroaders, I knew exactly what to do: I found my calling in workers' compensation law.

I love fighting against insurance companies and employers who try to take advantage of workers and control what their doctors say. My injury law training combined with workers' compensation experience means me and my team are well-prepared for anything they can throw at us.

The biggest problem we run into is that workers get lulled to sleep and don't realize what's lurking just around the corner. They believe that because the insurance company is paying their bills, everything is done. "Oh, we've taken care of everything," the insurance companies say. "We've filed everything for you." But then the day comes when their doctor releases them for light duty with a weight restriction of five pounds. Suddenly they can't go back to their old job. And the second they're released, the defense files



papers that cut off their benefits and make it harder for us to help them further. So, if you ever get injured at work, please call us **early**, while you're still recovering, so we can help.

I'm so grateful for everything my father taught me. I'm here and in law practice because of him. And I'm grateful for the opportunity I have to tell the truth in a way that helps so many.

I hope and pray he's smiling down on me from Heaven. I know I strive to make him proud every day.

-Joseph Miller

BACKYARD TENT CITY

How One Family Helped the Homeless

After a Seattle church couldn't run an encampment for the homeless anymore, Kim and Brad Lancaster decided to offer up a new space for 16 displaced homeless individuals to live: their backyard.

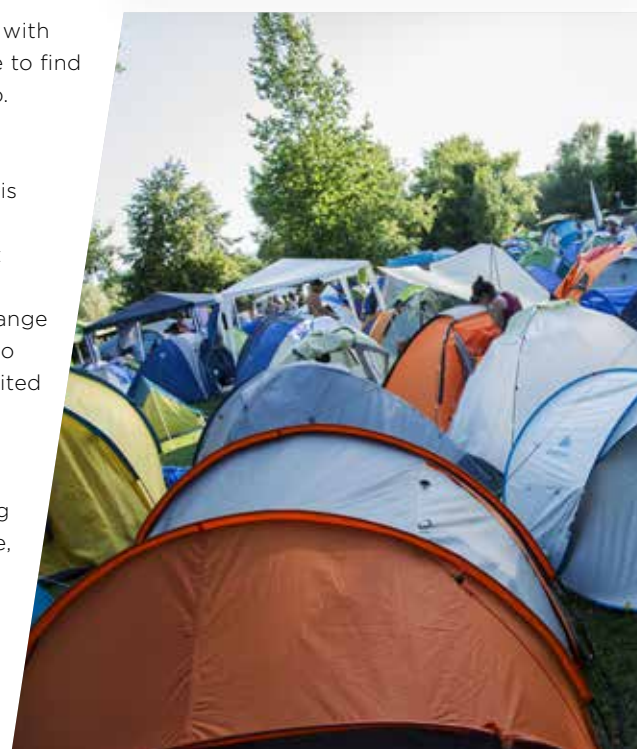
The Lancasters began sharing their 770-square-foot home with this group of homeless people, which includes four children, in December 2015. Kim says, "It's been really great to come home at night and have the family with the four kids in the house. The kids are doing their homework and Mom and Dad are fixing dinner and the little 2-year-old is running around."

Brad and Kim are both in the legal field — he's a lawyer and she's a paralegal — so they were well aware that turning their backyard into a tent city was illegal. It was a violation against zoning regulations and a disturbance for at least one vocal neighbor. However, their legal background helped

them figure out how to get away with their kind act until they were able to find the homeless another place to go.

The deal Brad made with the city allowed the homeless to stay in his yard until April, as long as Brad was able to prove, in writing, that they'd have another place to go. Fortunately, Brad was able to arrange for the campers to be relocated to Northern Seattle's Haller Lake United Methodist Church ahead of the spring deadline.

While homelessness remains a big problem in large cities like Seattle, it's always heartwarming to see people step up and help. What a difference they made in the lives of those 16 people.



Bringing ~~Sexy~~ Body

When was the last time you complimented yourself? Most people are their own worst critics when it comes to their physical appearance. Having an unhealthy body image can have a negative effect on your well-being and the well-being of those around you. It seems there is always room for improvement when it comes to body image, and the votes are in — it's time to bring body positivity back.

POSITIVE ROUTINE: It's not always easy to fit diet and exercise into a crazy schedule, but it's essential if you want to feel better. Being comfortable in your own skin means taking care of your body from the inside out and showing how much you appreciate it. If you don't have a healthy routine already, set up your schedule so that you wake up a bit earlier in the morning for exercise and breakfast, and try to make your routine something you enjoy.

POSITIVE MIND: Are you aware of the words you speak? They are a direct reflection of your

POSITIVITY BACK

thoughts, for sure, but they also reinforce your thoughts for better or worse. Do you put yourself down? Well, stop it already! Take the body negativity out of your speech and replace it with positive remarks about yourself and why you're great. If it feels forced at first, don't fret. Being authentically happy with our bodies, unfortunately, is something that most people have to train themselves to do.

POSITIVE PEOPLE: Try to surround yourself with people who are positive toward you and have positive body images too. Most people would agree that we are constantly bombarded with entertainment and advertising's lofty beauty standards, but the people with whom you spend the most time are probably influencing you more. Do you know people who

stand in front of the mirror pointing out every flaw with disgust? Chances are their negativity will eventually rub off, if it hasn't already. If you're the one spitting putdowns, realize the effect your negative words are having on the people around you, especially if you've got children looking on.

POSITIVE ACTION: Spend less time with the mirror, scale, and selfie stick. These things will only reinforce superficial ideas about beauty, and you might run the risk of damaging your self-esteem. Additionally, be picky about the media you consume, and view it with a critical eye. Practice activities that make you happy and feel youthful. Laugh often, meditate, say thank you, and embrace your individuality.



Don't Fall Asleep



ON YOUR WORKERS' COMP

Traps & Lies That Can Ruin Your VA Workers' Comp Case

Workers injured on the job in Virginia can find themselves navigating a maze of confusion while seeking the compensation they deserve. Without proper guidance, they can be lulled to sleep by false reassurances only to fall into a trap that threatens to keep them from their entitled compensation. Here are a few examples of these traps and lies from our e-book "Strong Justice for Work Accident Victims: 10 Traps & Lies That Can Ruin Your VA Workers Comp Case."

TRAP/LIE NO. 1: *You are getting your workers' comp checks, so everything is fine and there is nothing for you to do.*

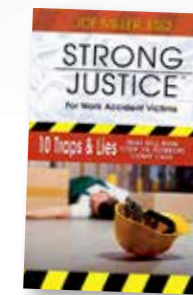
The day your doctor releases you to light-duty employment, the workers' compensation insurance can cut you off. Unless you engage in certain activities to enforce your rights, they're not required to do anything else unless ordered to do so by the Virginia Workers' Compensation Commission.

TRAP/LIE NO. 3: *You have no case because you had a pre-existing injury to the same body part.*

Even if the pre-existing condition was severe, as long as you can show there was some type of anatomical change in relation to the specific body part that came

about as a result of the work accident, you're entitled to claim the entirety of your injuries as a workers' compensation claim. This is especially true if you were able to perform your work duties up until the time of the work accident.

These are just some of the many challenges that can stand in the way of a workers' comp case. To learn more, visit our website www.joemillerinjurylaw.com and download the free e-book. Joe Miller Law is always ready to help you navigate the jungle of the Virginia workers' compensation system.



TESTIMONIALS

he is sincere, he is honest. I would refer him to anyone. I have no complaints whatsoever."

- Anita Grissom, Virginia Beach, VA

"Mr. Miller and Miss Hancock helped me through a seemingly impossible work-related injury claim that had been denied by the insurance company. I had never worked with legal counsel, and was not disappointed with the level of professionalism and guidance afforded me throughout this difficult journey. Joe and Lisa were understanding, kind, and supportive. I found Joe to be compassionate, knowledgeable and honest while imparting sound advice. The Joe Miller Law team is the best you'll find."

- John, a Satisfied Client

"I was treated like someone important, not just a client. Mr. Miller and his staff kept me informed every step of the way. He kept his word and did everything he said he would. His assistant, Lisa was wonderful also. You would never go wrong by hiring Joe Miller, he truly works for his client."

- Clifton, a Satisfied Client

"Your work and assistance was outstanding. The staff was very professional and helpful. Could not have asked for better support, patience, and caring ... In the future, if I need

assistance, I will look to you for help and support."

- Beatrice Gatling, Winton, NC

"I give thanks to the Lord for Mr. Miller and his staff. I'm pleased with my settlement. I highly recommend this firm to any further client ..."

- B. A. Williams, Virginia Beach, VA

"Having never had the occasion to retain an attorney, I was at a loss as to further action or what I should do. Your offices immediately responded to my call ... your staff contacting me and virtually taking over for me was a relief during a difficult time. I appreciate your representation and finalization of this suit. Thank you for ... [the] professionalism and courtesy."

- Nancy Tanous, Virginia Beach, VA

"Mr. Miller and his staff helped to change my life and make the worst turn into the best. If you're ever in need of lawyer this is the firm for you. Thanks Mr. Miller and Mrs. Hancock."

- Eric, a Satisfied Client

Joe's Monthly

"SOUL SNACKS"

"When we accept life's difficulties with a deep faith in G-d — calmly and happily, knowing that G-d is doing everything to help us achieve the loftiest of aspirations — we become candidates for eternal happiness and inner peace, in this world and the next."

-R. Arush

"If I am not for myself, who will be for me? And if I am for myself, what am I? And if not now, when?"

-Hillel

"Make your Spiritual Study a fixed practice; say little and do much; receive everyone with a pleasant smile."

-Shammai

Recipe Korean Beef Kebabs



What you'll need...

- 1/3 cup white wine
- 1/3 cup sugar
- 3 tablespoons sesame oil
- 1/2 cup soy sauce
- 2 cloves garlic, *crushed*
- 1 Asian pear, *grated*
- 2 scallions, *thinly sliced*
- Short ribs, *thinly sliced*

Step-by-step

1. Mix everything but the short ribs and scallions in a sealable bowl.
2. Place the short ribs and scallions inside, and marinate overnight or for a few hours before cooking.
3. Preheat the grill on high.
4. Skewer the meat and scallions so the meat lies flat.*
5. Grill the kebabs, turning until the meat is charred on the outside but pink on the inside, 3-10 minutes.

*If using wooden skewers, soak in water for 20 minutes prior to grilling.

Recipe courtesy of Foodnetwork.com.



"Joe Miller represented me like a family member. Everything he did to help me was more than appreciated. Solving the case was simple; their guidance was also. I would say that it's been a pleasure being their client. The outcome of it all was pretty amazing, and I wasn't expecting a lot. Joe Miller put me in the right position and fought for what I deserved."

- K. King, Suffolk, VA

"Extremely client-friendly. Thorough, very professional, and timely. Mr. Miller's practice is a mission rather than a vocation."

- Rev. Dr. Linwood H. Hill, Jr., Chesapeake, VA

"I feel that you all were outstanding and caring. There is no way I could have done it without you. Thank you so very much. Great Job!!!"

- Danita Holley, Hampton, VA

"I am very pleased in the way this law firm has dealt with my granddaughter's and my situation. I will be telling people to go to them."

- Cynthia Riddick, Elizabeth City, NC

"Joe Miller has been a godsend to myself and my family. He is tremendous. He is professional,