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THE TREEHOUSE OF DREAMS

One Disabled First-Grader's Wish for the Best Childhood Ever

For many kids, having a treehouse is a quintessential part of growing up. From building the treehouse to having slumber parties and Nerf gun battles in it, the treehouse has come to represent the ideal childhood.

Meet Hayden Trigg, a 7-year-old from Austin, Texas. He has lived his life in a wheelchair. Being diagnosed with cerebral palsy and spina bifida meant a treehouse was likely not in his future.

Earlier this year, that changed. Hayden wanted nothing more than to have his very own treehouse — and a place to play with his friends and siblings. Through the Make-A-Wish Foundation, as well as a local contractor, his dream of having a treehouse was realized.

His family found the perfect spot between two 200-year-old oak trees. Through rain and shine, Hayden eagerly watched the treehouse come together. Instead of the typical rope or wood ladder, the treehouse was designed with a 65-foot wheelchair ramp.

Once complete, Hayden invited his first-grade class to the ribbon-cutting ceremony. Yes, you read that right. Hayden's treehouse opened with a celebration complete with a ribbon cutting.

With the ribbon cut, Hayden and all of his classmates played together in the new treehouse. Hayden's mom, Adrienne Trigg, watched as her son played. "It was the best day of his life," she said. "His wish was to share this with his friends."

The treehouse was finished earlier this year, just as school let out for the summer, and Hayden was able to spend his summer having sleepovers and parties. The best day ever turned into the best summer ever.

Hayden loves his treehouse so much, he insists on doing his physical therapy there. He even practices rolling himself up the ramp with his manual wheelchair. In the past, he had struggled to travel far on his own due to low muscle tone. Now, he can roll up his treehouse ramp without a second thought.



RIDING THE HIGH LINE

HOW A COMMUNITY TRANSFORMED THEIR FUTURE



With all the conflict and violence going on around the world and in our own Nation lately, it is a breath of fresh air to hear about a community that rallies together to build something awesome. This summer, I spent a few days in New York, and there was one destination I knew I had to see. It was something I had only read about, but the story alone had inspired me to seek it out and see it for myself.

The destination? The High Line — a relic of early 20th century railroads. Back in its heyday, the elevated line transported everything from produce to building materials. The line was built in the 1930s to ease congestion and improve safety on the street below. Today, the High Line is a 1.45-mile-long park, stretching from the Meatpacking District up through Chelsea in the west side of Manhattan (yes, that's near where a terrorist bomb was recently detonated).

The history of the High Line is just about as fascinating as its 21st century transformation. Before the elevated rail line was built, the streets of Manhattan were chaotic. If you've ever driven in NYC and you think it's crazy now, imagine sharing the road with rail cars. During the late 1800s and into the early 1900s, rail cars were constantly smashing

into buggies and automobiles. People were getting hurt — and in some cases, killed — and property was constantly damaged or destroyed.

It took decades of public outcry for anything to change. By the 1920s, the state of New York, along with the New York Central Railroad, decided it was time to take the tracks off the street and invest in an elevated rail line. But because of limited space, the rail line had to cut through existing buildings. While that might sound like a major inconvenience, businesses loved it. They could access their deliveries right inside their warehouses, rather than on the street.

When the elevated line was initially built, it ran about 13 miles through Manhattan. It served as a major distribution artery in the city. However, it didn't last. By the 1950s, the transportation industry had changed. The interstate highways system took hold, and interstate trucking was the way of the future. This fact took its toll on the High Line, and starting in the 1960s, the line was slowly dismantled, section by section. In 1980, the final train rolled through one of the remaining sections.

Then, the line fell into disrepair. It was truly a relic of the past, rusty and forgotten as nature began to reclaim the line. Over the years, people clamored for the last section of the line to be demolished, but that never happened. After several years of arguing about the line, two men who lived in the neighborhood decided to take action into their own hands. They felt the line should be preserved and turned into something everyone could use.

At one point, a photographer was allowed to take pictures of the unused line. He was granted permission by CSX Transportation — they owned the High Line. His photos revealed a natural beauty — from meadows to groves — that was unlike anything else seen in the city. This urban wilderness captured the imagination of the neighborhood and others in the city. Money started pouring in, and work began to transform the rusty old rail line into the High Line Park.

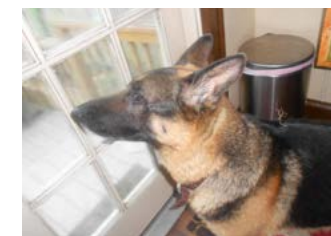
As the park came together between 2006 and 2014, the neighborhood transformed around it. Suddenly, people wanted to move into the area. Developers came in, and property values skyrocketed. Right now, there are over 30 real estate projects in progress near the High Line and hundreds, if not thousands, of new jobs.

It's nothing short of incredible what this neighborhood has accomplished. With a vision, and what was started by two individuals, a neighborhood was completely revitalized. Instead of tearing down the line, they built something amazing. And this accomplishment is part of a greater story and part of what makes our country great. It's a story we are all play a role in.

Every day, when you go to work or go to the store to put food on the table, you contribute to your community. What you do might not be as glamorous as creating an elevated park or transforming a neighborhood, but that doesn't make it any less important. We all play a role in building up our communities, even if it's a small role, and for me, there is nothing more inspiring.

- Joseph Miller

UPDATE: GOODBYE TO BOOM-BOOM



You will recall, a couple of months ago, I wrote about our 13-year old German shepherd, Boom-Boom.

It's with a heavy heart I have to report that, on August 31, 2016, it was finally time to let Boom-Boom go.

Over the last couple of months, he went from being able to walk around the block with breaks, then to

the end of the street — usually falling a couple of times — and then in front of the house. Until finally, he was completely unable to walk. He had also lost control of his bodily functions. According to the vet, he would not get better, and there was simply nothing good about him living that way. Now, he's with his grandpa, chasing tennis balls and squirrels all day. We will miss him dearly.

Put a Pin in It! USE PINTEREST TO ORGANIZE YOUR HOME

Pinterest. Home to beautiful nail art and creative treat ideas, and a secret weapon used by every do-it-yourself bride. The wonders of Pinterest don't end with creative flair. The site, known as the world's catalogue of ideas, can also be a tool for organizing your life. With the resources of masses of clever homemakers right at your fingertips, why waste money buying books about organization?

Finding organization ideas is as easy as scrolling down a feed and pinning the ones you like to a digital board. Here are some tips for getting started:

Search for Specifics

Pinterest is like a magical forest. There are countless wonderful ideas. If you don't venture in with a specific goal in mind, you could find yourself wandering off the path and down a rabbit hole, falling in love with

ideas you don't really need, like "Creative Ways to Store Cupcake Liners"? Pin!

When starting your journey to get better organized, don't search for words like "Organization Tips" or even "Home Organization Ideas." You'll get an endless wave of results. Instead, be specific to the area of your home you want to organize. Remember, Pinterest uses keywords and will suggest additional ones based on your initial search. Typing the words "Organization Tips" and "Refrigerator" will help you focus on keeping your fridge in shape without sending you running to rearrange the hall closet instead.

Keep Your Boards Organized

Collecting a bunch of amazing ideas won't do you much good if you can't refer back to them when you're ready to get started. Don't pin all of your organization ideas to the

same board. It's best to categorize. Create boards with specific names and subtitles. Even a kitchen organization board can quickly become cluttered. Creating boards named "Kitchen, Refrigerator" or "Master Bedroom, Closet" will help keep track of all the amazing new ideas you'll find.

Take Action

As you create your plan of attack, don't fall into the trap of pinning organization tips without ever putting them into practice. Make a vow that after finding five great ideas, you'll move from the screen to that area of your home and get started. If you have time to spend searching great organization tips, then you certainly have time to apply them.

Facing off with a cluttered home might feel like an overwhelming task, but with Pinterest in your pocket, it can be easy as clicking "Save"!

VACATION AND WORKERS' COMPENSATION: CAN YOU TAKE A VACATION WHILE RECEIVING BENEFITS?

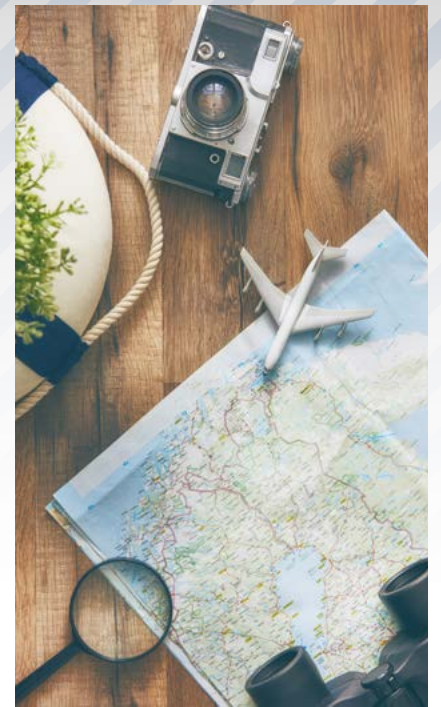
PART III OF III

Marketing does not stop while you're on vacation. If you are not under an open award for your workers' compensation claim in Virginia, and you are restricted to light duty, you must be looking for five to seven jobs a week. If you go on vacation and you stop looking for a week or you find less than five job leads for a week, you will have forfeited the right to claim temporary total disability benefits for that week. Similar requirements exist in North Carolina, although they are not as strict. The bottom line is that your vacation should not be a vacation from your marketing efforts and your documentation of those efforts.

If you will not be missing or rescheduling any medical appointments, and if you can continue to search for the required five to seven jobs per week — when

not under an open award — then you may go on vacation. But even then, you should be aware that there may be people watching and possibly recording your every move. Do not participate in activities that you should not be doing with your medical restrictions.

If you have been severely injured at work, there are numerous details you need to be aware of to get the compensation you deserve for your injury. You need an experienced workers' compensation lawyer on your side, along with his team. Joe Miller has over 25 years of experience in bringing injured workers the Strong Justice they deserve. Call today at **888-694-1671** or visit www.joemillerinjurylaw.com to learn what Joe Miller Law can do for you or a loved one injured on the job in Virginia or North Carolina.



ANOTHER VICTORY FOR THE WORK INJURY CENTER **Part 1**

We are pleased to announce another recent victory for Joe Miller and the Work Injury Center on behalf of one of our clients. Because of the possibility of appeal, we have changed the names of the parties for the purposes of this article.

Ms. Laurie Denton worked as a salesperson at a local large retailer. About a year and a half ago, a meeting was called for all salespeople by Ms. Denton's supervisor to discuss some overstock issues. At the meeting, the supervisor singled out Ms. Denton — a 63-year-old, 120-pound woman — to move a large object which was up on its side, in front of the entire staff, by herself. The object weighed over 200 pounds and was substantially taller than Ms. Denton. When she attempted to do so, the item fell back on top of Ms. Denton, causing her to raise her arms up in an attempt to keep the item from crushing her. In the process, she injured her back, neck, and shoulders.

The pain Ms. Denton suffered was horrific. An orthopedic surgeon, chosen by the workers' compensation insurance

company, ordered an MRI which did not show anything the surgeon could cut on to fix Ms. Denton. He refused to provide her with any pain medication, refused to put her in physical therapy, and advised her there was nothing further he could do for her. He referred her for pain management.

The referral was to the surgeon's partner, a pain doctor notorious for ignoring patient complaints and derailing injured workers' compensation cases. Because she had health insurance, we advised Ms. Denton to choose a different physician who we knew would take her pain complaints more seriously and not merely dismiss them. Right away, this doctor performed testing which revealed objective nerve problems from the work injuries. The orthopedic doctor we referred her to started her on a program of physical therapy and therapeutic injections, as well as pain medication. She started to feel better. He also advised she was not capable of returning to work at her job.

Meanwhile, because there had been a pain-doctor referral, even though she was

seeing this orthopedic doctor, we were able to agree with the defense attorney to let Ms. Denton see a different pain doctor rather than the one with the bad reputation. Unfortunately, this did not turn out well. The pain doctor decided to tow the "company line." He saw our client one time, called her a liar, said she was faking her injuries. When he found out she was seeing another doctor, advised her to continue under his care. He also advised there was nothing coming from the work accident that would prevent her return to work at full-duty.

Because of this, the insurance company cut off Ms. Denton's workers' compensation checks. As a result, we sought a hearing first to get her checks going again, and also to get the orthopedic doctor we referred her to authorized as her treating physician.

Stay tuned for Part II.

Joe's Monthly 'SOUL SNACKS'

"Ultimately, the only power to which man should aspire is that which he exercises over himself."

- Elie Wiesel

"Man can never be happy if he does not nourish his soul as he does his body."

- R. Schneerson

Recipe **PUMPKIN SOUP**



What you'll need ...

- 3 tablespoons coconut oil, ghee, light olive oil, or any fat of choice
- 1 medium yellow onion, chopped
- 1 medium apple, cored and chopped
- 2 carrots, chopped
- 2 cups broth, veggie or chicken
- 1 ½ cups pumpkin or winter squash puree
- 2-3 sage leaves (whole)
- ¾ cup canned coconut milk
- 2 tablespoons maple syrup (amount depending on apple and pumpkin sweetness, add to taste)
- 2 teaspoons lime juice, to taste
- Sea salt, to taste

Step by Step

1. In a large saucepan, heat the oil or fat over medium heat.
2. Stir in onion, carrots, and apples. Sauté for 5-10 minutes until wilted and soft.
3. Stir in the broth, pumpkin, and sage leaves. Bring to a simmer.
4. Simmer for 15-20 minutes.
5. Remove the sage leaves.
6. Puree the soup (in batches if necessary) in your blender or food processor until creamy and no chunks remain.
7. Return to your saucepan and add the remaining ingredients.
8. Heat gently and adjust seasonings to taste.

Recipe courtesy of tessadomesticdiva.com.