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A NOSE FOR TROUBLE

Ringo the Tabby Saves His Family

Ray and Carol Steiner found Ringo, a red tabby Manx, living in a shed when he was 10 days old. Despite already having three cats, the couple decided to open their hearts to the friendly feline — a decision that would one day save their lives.

Years after adopting Ringo, Ray and Carol began to oversleep and experience high blood pressure, dizziness, and headaches. The couple attributed these troubling symptoms to their recent health problems — Ray had just undergone heart surgery, and Carol was recovering from a car accident with her leg in a cast. But Ringo realized something was amiss.

One blistering day in August, the usually

mellow cat caused a ruckus. He meowed loudly and banged his body against the front door. Carol let him dart outside, but the moment she closed the door, Ringo began to aggressively meow again. This was unusual behavior, and Carol realized Ringo wanted her to follow him. The red tabby brought Carol around to the side of the house, where large bushes hid the air conditioner and gas and water meters. Ringo started to dig in the jagged lava-rock landscaping, cutting his paws on the sharp stones. When Carol leaned over to get a better look, she was nearly overwhelmed by the smell of natural gas.

The gas company discovered an old steel coupler had broken open, leaking dangerous levels of gas into the Steiners' house. A single spark outdoors could have set off an explosion that would have consumed six other houses, potentially killing 22 people. Ray and Carol's doctor told them that even if they avoided an explosion, they would have died from methane poisoning if they'd been exposed much longer. The gas meter did not register the leak, but Ringo did.

Once they aired out their home, the Steiners' health improved immensely. Because of his dedication to his family, Ringo became the 11th cat in history to be awarded the American Humane Association's national William O. Stillman Award for bravery.



NEWSLETTER

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PRACTICING CIVIL LAW

WHAT WE LOSE WHEN WE FORGET CIVILITY

Does the way we speak to each other on the internet affect the way we interact in real life? I think it might. Think about it. When online, many people have a habit of saying whatever they want, no matter how horrible it is. And sometimes, the comments can get pretty horrible. It doesn't matter if the person is hidden behind an anonymous username or if they're using their own photo on Facebook. Some of the comments you see between strangers would get a kid's mouth washed out with soap!

There's no civility online, and those habits seem to boil over into our real life. Right now, one of the largest issues we face in our society is that there is so much division between people. It's all "us versus them," or "You're one of those people." This toxic behavior boils down to a lack of civility. We're all human beings, and when we put the slightest effort into our interactions, we can often find a middle ground. When it comes to politics, my wife and I aren't on the same page at all, and that's okay. We still love each other, because we keep our disagreements civil instead of letting them devolve into a screaming match.

Civility is a word that sounds stuffy, but it really means something simple that I think we can all get behind: being polite and courteous to one another. Being polite or civil doesn't mean we necessarily agree with everything everyone else says or does. It means that in the event we disagree with someone, we don't respond by flying off the handle and calling them a big, fat

“Whether we are working with clients, other attorneys, or each other in the office, it's our responsibility to create a work environment that is courteous and respectful of everyone.”

you-know-what. It is possible to disagree and still be friends. Likewise, being civil doesn't mean we're obligated to engage with someone whose words or actions clash with our moral judgment. Walking away from a situation we don't wish to be part of is another form of civility.

I've found that the word "civility" is connected to the word "professionalism." They both relate to behaving in a manner that holds yourself and others to a higher standard of respect and courtesy. At the office, I aim to be an example of why being professional is important. Whether we are working with clients, other attorneys, or each other in the office, it's our responsibility to create a work environment that is courteous and respectful of everyone.

Yes, our job is to zealously represent our clients, but that doesn't mean an attorney has permission to act like a maniac. You won't see a lawyer go into court and start verbally

abusing the defense. (Well, maybe in New York City you would). At least, you won't see a respected lawyer in Virginia or North Carolina doing something like that. There are ethical rules against that kind of conduct and a judge would not hesitate to hold in contempt anyone who behaves in such a manner.

At the office, we practice *civil* law, so no matter what we are dealing with in our personal lives or how high emotions may run, we need to practice civility.

If we fail to maintain a professional atmosphere, it permeates the work we do in representing our clients. When that happens, we're failing ourselves, each other, and our clients.

Our clients, especially, are going through a lot. When they get hurt on the job, their lives are turned upside down. What they are going through is not pleasant. Besides our legal advice, one of the aims of all of us at the Work Injury Center is to create a safe space where our clients know that they will be treated with respect, civility, and professionalism.

And perhaps, in some tiny measure, in trying to uphold those standards, we can contribute to the spread of a little more civility in our country. Because goodness knows we sure could use some.

-Joseph Miller

If you belong to a union or other labor-related group and want to schedule my presentation at your group's speaking arrangement, you can do so by calling 888-694-7994. The presentation is free of charge, offers important information for taking appropriate action in Virginia workers' compensation cases, and everyone in attendance gets a free copy of my book, "10 Traps and Lies that Can Ruin Your Virginia Workers Compensation Case." Education is the best way to protect yourself from making a mistake. So call now, before it's too late.

Improve Cognitive Function in Minutes

HOW MEDITATION HELPS YOU MAINTAIN BRAIN HEALTH

Meditation has often been touted by New Age gurus as a way to find inner peace and stillness. But what if meditating could reduce the effects of aging on your brain? According to research, taking a few minutes out of your day to meditate may improve cognitive function.

As meditation's popularity has spread, so have studies of the practice. The results of 100 studies examining the cognitive effects of meditation all show evidence of improvements in psychological and cognitive functions. Some of the results are intuitive, such as how meditation helps us deal with stress. But other results are incontrovertible, such as scans showing that meditation causes structural changes in the brain.

For people facing age-related changes like memory loss, the results of these tests are especially relevant. The studies point to evidence that meditation can strengthen certain areas of the brain — the prefrontal cortex, the hippocampus, and the amygdala — that weaken as we age.

The Prefrontal Cortex

Your prefrontal cortex thins with age, which is associated with decreased cognitive function in your later years. However, meditation may

reduce this age-related thinning. Dr. Sara Lazar, a neuroscientist specializing in the effects of yoga and meditation on cognitive and behavioral function, reports that long-time meditators don't show a decline in the thickness of the prefrontal cortex.

The Hippocampus

Your hippocampus helps you process and form new memories, and it's very sensitive to stress. In fact, research shows that your hippocampus will shrink in response to stressful situations and chronic stress. The remedy? Meditation. Dr. Lazar's study showed a positive correlation between meditation and a higher concentration of gray matter in the left hippocampus.

The Amygdala

Often called the fear center of the brain, the amygdala is triggered by stressful situations. But unlike the hippocampus, which shrinks in response to stress, the amygdala has been shown to become denser.

In one study, people who attended mindfulness meditation classes showed a smaller stress response in brain scans compared to those who did not attend the classes. Meditation may help to decrease the density of the amygdala and therefore



increase your ability to handle stress.

Of course, in addition to these benefits, there's a good chance that five minutes of meditation each day will simply make you feel better. People who meditate report an increase in overall well-being. Why not give it a try?

IN MEMORIAM

We are saddened to report the recent loss of one of our family of clients, Lloyd Thomas, Sr. We had only recently brought Mr. Thomas' case to a successful settlement result when he died suddenly on April 30, 2018, of unrelated causes.

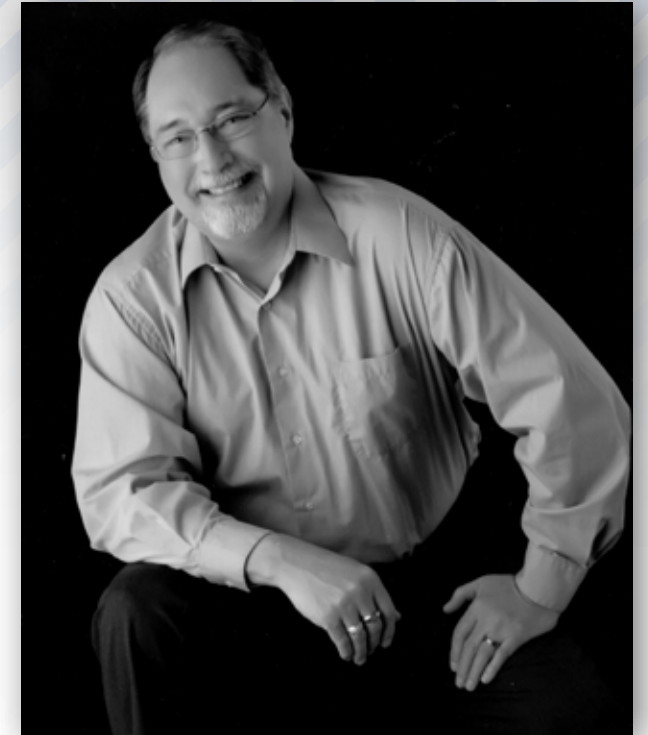
Mr. Thomas worked as a librarian for most of his career and retired from Virginia Beach City Public Schools as Director of Media Services. When we came to know him, he was working the box offices of a local box office ticket vendor.

He was a loving father, spouse, and lay minister at his Church, St. John's Episcopal in Hampton, VA.

We will miss Mr. Thomas, not just as a client, but as a dear friend.

Donations may be made in his name online to St. John's Memorial Fund in Hampton, VA. Log on to www.stjohnshampton.org, click on "Giving" to get to the page, and make sure to put "Lloyd Thomas" in the memo line.

May he rest in peace, and may his family know of no further suffering.

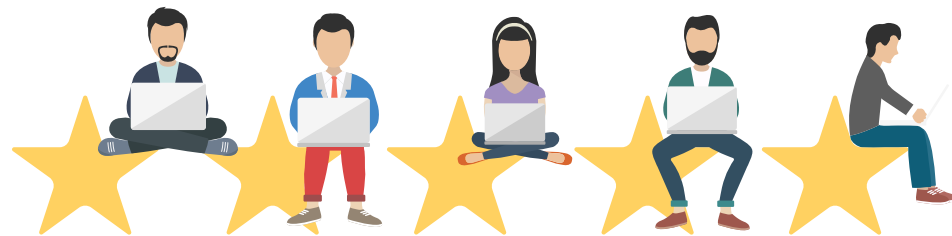


Our Clients Say It Best

"From the moment I hired the office of Joe Miller Law for my workers' compensation claim, the entire staff was excellent; they treated me as if I was their own family. They were knowledgeable, helpful, and worked with me through a lot of stuff. They answered all of my questions and accepted many, many phone calls from me because I was failing to understand how the process worked. They never once were less than admirable, honorable, and exceptional. I highly recommend this attorney and his entire staff for anyone needing a workers' compensation attorney in Virginia or North Carolina. The lady who answered the phone, Miss India, was always polite and very helpful, and the paralegal, Miss Lisa, was exceptionally nice and treated me like I was her own brother."

Attorney Miller was always available to me to answer all of my questions, no matter how redundant or rhetorical they may have been. They walked me through the whole process, held my hand through it all, and my outcome was very favorable. I would have been lost and screwed over without this attorney and his entire staff's help."

-Danny



Joe's Monthly 'SOUL SNACKS'

"All that is required to become free of the ego is to be aware of it, since awareness and the ego are incompatible."
Eckhart Tolle

"The more identified people are with their respective roles, the more inauthentic the relationships become."
Eckhart Tolle



Father's Day Chili Lime Chicken Wings

Ingredients

- 4 pounds chicken wings
- 1 stick unsalted butter, softened
- 1 1/4 tablespoons Thai red curry paste
- 1/4 cup honey
- 1/4 cup soy sauce
- 1 lime, halved
- Extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- Chopped cilantro for garnish

Directions

1. Heat oven to 425 F.
2. Rinse wings under cold water and pat dry. Season liberally with salt and pepper, and drizzle with olive oil. Roast on a baking sheet for 25 minutes or until skin becomes crisp and brown.
3. Blend butter, red curry paste, honey, and soy sauce in a large mixing bowl.
4. Toss wings in butter mixture. Squeeze lime juice on top, transfer to serving plate, and garnish with cilantro.