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## INSIDE THIS ISSUE

TO BUILD A TEAM  
page 1

KICK THE SAD HABIT!  
page 2

TESTIMONIAL  
page 2

WHAT IF MY WORKERS' COMP  
CHECK IS LATE?  
page 3

ARTICHOKE AND AVOCADO SALAD  
page 3

THE DRAWING HOPE PROJECT  
page 4



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# NEWSLETTER

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## TO BUILD A TEAM

### THE POWER OF SPORTS SCHOLARSHIPS AND TEAMWORK



Melvin Massey, KJ, and Joe

"I just want to help kids and lend a helping hand," Lisa says when talking about her brainchild. "Sometimes one sports camp can make all the difference. It can help a kid to one day go pro."

Many professional athletes have come from Virginia over the years: 2001 NBA League MVP Allen Iverson, Olympic gold medal gymnast Gabrielle Douglas, and Super Bowl champion Russell Wilson. Any of these great athletes will tell you about the importance of dedication and teamwork. Nobody can do it all on their own, and that's something we know well here at the firm.

If you're struggling with a workers' comp case, the last thing you want is to try handling it alone. In a courtroom, the other side has a tremendous team of defense attorneys, workers' comp insurance adjusters, and others — all working to score against you and win the game, which means the end of your case.

You also need a team. If you're out there twisting in the wind by yourself, there's not much you can do. You need a coach to call the shots, a quarterback to throw the ball, and the whole team to see your case through to the end. That's what our defense is. We know the playbook — just like we know the rules — and we will hold our opponents to them.

*Joseph Miller*

*If you are a high school coach who would like to nominate an athlete for the Work Injury Center Sports Camp Scholarship, visit [www.sportscampjam.com](http://www.sportscampjam.com). There you will find a list of criteria and instructions for submitting your athlete into this month's drawing. The deadline for the next drawing is July 31, and the next athlete will be selected August 1.*

## When it comes

to sports, I'm not what you'd call a jock. Anyone who has ever heard me talk about the Saturn V rocket or the accomplishments of commercial space company Space X knows I'm more of a space nerd. At the firm, the title of sports fanatic goes to Lisa Hancock, our amazing workers' compensation paralegal.

When I say Lisa knows her stuff, I am not exaggerating. She knows every client's favorite team and is always ready to talk sports. When the Philadelphia Eagles signed quarterback Carson Wentz, Lisa picked up the phone right away to tell one of our clients — a big Eagles fan — the breaking news.

Lisa's passion for both sports and helping people made her the driving force behind the Work Injury Center Sports Camp Scholarship

Contest. As we wrote in our last newsletter, we will hold this drawing once a month, providing one local young athlete the opportunity to attend a sports camp.

One June 1, we selected the first winner: Kajika Sarius, rising ninth-grade quarterback from Menchville High School (Go Monarchs!). Called KJ by his friends, this young athlete plans to attend the University of Virginia Football Camp this summer, paid for by Joe Miller Law. The athletes in our drawing are nominated by their coaches through our partnership with Melvin Massey.

Through this drawing, we are able to send young athletes with good attitudes and great potential to a sports camp they might not otherwise be able to afford. We're really humbled by the chance to do this. It's a unique, special opportunity, and I feel privileged to be a part of it.

## THE DRAWING HOPE PROJECT

### How One Photographer Creates Pictures of Hope

Shawn Van Daele is a Canadian photographer who makes children's wildest fantasies come true — and fills the world with extra hope. Through The Drawing Hope Project, Van Daele strives to bring magic and smiles to sick kids everywhere.

In 2012, he found a marker drawing he'd made for his grandmother when he was 7, titled "Angels Like Apples." A photographer by trade, Van Daele decided to recreate the piece. The result was an actual photograph with an exciting mess of floating apples. He was inspired to bring this creativity to those who could use it the most — kids born or living with serious health conditions who need to know that anything is possible.

Describing his process as a force of happiness, Van Daele takes a child's drawing and turns it into a magical work of art starring the child themselves. With the power of Photoshop and photography, he has helped a little boy become captain of the high seas, a young girl dance her way across the Broadway stage, and

another girl be crowned the new queen of Candy Land. He's guided so many kids on amazing adventures.

Seeing a child's imagination come to life, despite some horrible situations, can't help but give Van Daele hope. "To use your abilities and talents to bring smiles to sick kids and their families — there isn't anything in the world that feels better than that," he says.

The Drawing Hope Project is done for free. Van Daele's goal is to show kids who are struggling with their health that anything is possible. With a little hope, the most magical things can happen. And there's nothing more magical than bringing joy to a child in need.

To see more of these magical masterpieces or donate to the project, visit [www.drawinghope.ca](http://www.drawinghope.ca).







# Kick the Sad Habit! Is PROCESSED FOOD MAKING YOU DEPRESSED?

The average American diet consists mostly of processed food — around 70 percent. Unfortunately, the majority of the “food” you find at your local supermarket is heavily processed, preserved sadness wrapped in a beautifully labeled cardboard and plastic bow.

There’s a large body of evidence suggesting that bad food is linked to increased depression. If you struggle with depression — and even if you don’t — you need to take the sad stuff off your dinner table and replace it with whole foods. Start by tossing the four most depressing items:

**Refined Carbs:** Don’t be fooled by their sweetness. You may get a spike in your mood immediately after eating a handful of candy or taking a bite of your favorite cake, but in the long term, eating

sugar does much more harm to your mood than good and is now thought to increase your risk of developing depression. Foods high on the glycemic index — like refined carbohydrates and foods with additional sugar — cause spikes in your bloodstream and have been associated with an increase in depression development. As if you needed another reason to eat less pasta and bread!

**Trans Fats:** Trans fat, often the fat you find inside the worst items on the fast food menu, causes inflammatory changes, which are linked to depression. Trans fats are similar to saturated fats in that they aren’t natural. These fats are the result of partial hydrogenation, so if you must eat a processed food, avoid items with the words “partially hydrogenated” at all costs.

**Deep-Fried:** This is another bad fat that’ll make your brain sad. Foods deep-fried in hydrogenated oil are particularly bad for your mood because they contain saturated

fats, which clog up the works and delay the flow of blood to your brain. Have you ever felt slow and groggy after a fast-food binge? Depression is a much worse feeling! Reach for fresh foods instead.

**Artificial Sweeteners:** Researchers have found adverse reactions to aspartame — a chemical often found in artificial sweeteners — especially in individuals who have mood disorders. In fact, studies indicate that people with a history of depression are at an increased risk for depression symptoms as a result of regular aspartame consumption. They’ve also been linked to increased risk of cancer, diabetes, and weight gain. If you’re not already eliminating this harmful ingredient from your diet, now is the time!

Instead of grabbing a processed meal to microwave or heat up, you should incorporate more olive oil, whole grains, vegetables, fruits, and dietary fiber into your diet today.

# WHAT IF MY WORKERS’ COMP CHECK IS LATE?

If an award order has been entered on your Virginia workers’ compensation claim, the workers’ comp insurance carrier must remit your weekly comp check within 14 days of the date the check becomes due. This is also true on accepted comp claims in North Carolina. It is very important that you keep all of your check stubs in order to determine when your check becomes due.

If you don’t receive your check within the prescribed time frame, a motion for late penalties can be filed on your case.

If you are receiving weekly comp checks and no award order has been entered on your comp claim, you should contact us immediately so we can discuss what actions need to be taken in order to protect your rights!



# TESTIMONIAL



“Joe Miller is a stand-up guy! He works really hard to get the best for you in every situation. My case lasted 11 years, and he remained consistent the entire time. The same energy and passion he started with was the same until the end. His staff is awesome as well. They were very caring and accommodating. I highly recommend Joe Miller Law!”

**—Terrence Boyce**

## Joe’s Monthly “SOUL SNACKS”

“Every time a person undergoes a test of faith, overcomes an obstacle in his or her performance of a good deed, or fights against temptation and bodily urges, he or she strengthens their soul and it becomes a proper vessel for increased Divine light.”

— R. Arush

## Recipe *Artichoke and Avocado SALAD*



This summer, all those gorgeous grilled steaks and fish fillets are going to need a tasty side. Check out this savory salad, topped with a homemade balsamic dressing.

### What you’ll need ...

- |                                  |                                |
|----------------------------------|--------------------------------|
| <b>Salad</b>                     | <b>Dressing</b>                |
| • 1 avocado                      | • ¾ cup balsamic vinegar       |
| • ½ cup artichoke hearts         | • 1 clove garlic, crushed      |
| • 2 hearts of palm               | • 1 teaspoon dried oregano     |
| • 5 cups spring mix salad greens | • 2 teaspoons Dijon mustard    |
|                                  | • ¾ cup extra-virgin olive oil |
|                                  | • Sea salt and fresh pepper    |

### Step-by-step

1. Cut avocado in half; remove pit and skin.
2. Chop into ½-inch pieces.
3. Toss spring greens, artichoke hearts, and hearts of palm in bowl.
4. Add chopped avocado and gently toss a little more.
5. Put all salad dressing ingredients in a jar, close, and shake until well blended.
6. Drizzle salad with dressing and serve!

*Recipe courtesy of PaleoLeap and Primal Palate.*