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NEWSLETTER

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“ONE SMALL **STEP** ...”



shooting toy rockets into the air, not launching the first U.S. manned space missions.

Being a huge geek for all things space, I loved every minute of it. But nothing came close to seeing the Saturn V. This was the rocket used in the Apollo missions to bring mankind to the moon. It really blew my mind.

It's this massive, massive thing. Reaching 363 feet high, bigger than the length of a football field, and 103.62 feet around. When you stand in the shadow

of something so grand, it's impossible not to be awestruck. Looking at it, you can't conceive of how something so big could get off the ground. The rocket itself weighs 6.54 million pounds, and that's before they fill it with enough fuel to imitate the power of a nuclear explosion. I can't even jump but a few feet, and this huge thing had to break Earth's gravity.

At Kennedy Space Center, you also get to see the original Saturn V control room, where they handled the most powerful machine ever operated by man. Everything in there is so old-timey, full of transistors

and old screens and ancient technology. There had to be more computing power in my phone than in that room.

It's incredible to think about what these people were able to do with the resources they had — what they could accomplish just by putting their minds together. Pushing the edge, breaking the impossible, reaching beyond our planet into the great unknown. Teamwork can give way to amazing things.

Our firm operates on the same system. When a client comes to the office, they don't just get me. They get our entire team of paralegals, intake specialists, and legal assistants. It's all hands in when we take on a case, striving to make sure we can help our clients to the best of our ability. Visiting the Kennedy Space Center reminded me of just how much we can achieve when we work together.

In the spirit of teamwork, our firm is proud to be offering a very special opportunity to local young athletes. We're currently running a contest, collecting names of underprivileged high school athletes who show great potential. Every month, we'll hold a random drawing, giving one of these athletes a scholarship to a sports camp.

I am really excited to be able to present this kind of opportunity. Teamwork, both on and off the field, can accomplish amazing things, whether that's reaching the stars or achieving your own dreams. We want to be a part of making that happen.

Joseph Miller

HOW ONE INDIAN RESTAURANT

Helps the Hungry

There are 200 million food insecure people living in India, 50 million of which are on the brink of starvation, according to the International Journal of Physical and Social Sciences — that's the largest number of any country in the world. Now, one Indian restaurant has come up with a novel concept: It's making leftovers available to those in need.

The owner of Pappadavada, Minu Pauline, has set up a refrigerator right outside the eatery, encouraging both customers and people in the general community to stock it with leftovers. Anyone who's in need of a meal can go up to the fridge and take food whenever they want, with no questions asked.

Pauline calls the fridge "Tree of Goodness." She was moved to help when she happened to catch a homeless woman rummaging through a trash can one night, too hungry to sleep. Pauline immediately felt a twinge of sadness,

knowing her restaurant had made a ton of food that evening that just went to waste.

Patrons of Pappadavada who don't want to take their food home can place it in the fridge, knowing it's going to a good cause. Pauline herself contributes nearly 100 portions of food from her restaurant every day, and the response from the community has been hugely positive. A lot of food is added, and a lot of food is eaten, which requires the fridge to be restocked on a regular basis.

It's gratifying to see entire communities coming together to solve important problems. Hopefully, all of us can learn from Pauline's example and work to make hunger a thing of the past.



3 Tips for Eating Out While Eating Clean

By Melvin Massey, MBA; CFP; NASM-CPT

Summer is right around the corner, and that means spending more time out with family and friends. This often results in eating out at restaurants more than we cook in our own homes. As the summer is approaching, we are hopefully making commitments to living a healthier lifestyle, but eating out frequently can be a stumbling block for many. Here are three quick tactics to use if you want to stick to the strip.

Educate yourself. Do your own research about the restaurant prior to your arrival, if not, don't be afraid to ask your server lots of questions about

the restaurant's food so that you can make healthy choices. Ask what's used in the preparation, how large the portion is, what comes on the side — these are all things you want to know now that you are eating right.

Make substitutions. I'm always ordering chicken fajitas, but instead of the Mexican rice and refried beans, I ask for a salad on the side. Ask for grilled vegetables instead of a baked potato or french fries, or sliced tomatoes instead of hash browns. You get the idea — this stuff will take a little extra

thought at first, but in no time it will become second nature.

Make modifications. If you have scoured the menu and there are no healthy options, you can usually create your own by requesting a few modifications to the preparation of your food. Ask if you can have your fish grilled instead of breaded; ask if you can have Dijon mustard sauce on the chicken instead of cream sauce; request salad dressing on the side; ask for the chef to use just a small amount of olive oil.



Melvin Massey, B.A., M.B.A., Certified Financial Coach and Planner- CFP; Certified Personal Trainer- NASM-CPT; and Life and Health Coach- Institute for Integrative Nutrition, is a former University of Virginia football and wrestling star, as well as a former professional player in the Canadian Football League. He is currently Chief Executive Officer of Massey Legacy Enterprises. As a respected leader, coach, trainer, entrepreneur and motivator, he is dedicated to creating and providing a game plan that empowers people to push past their current situation and pursue the life they desire. He is resolutely committed to

extracting the greatness out of those who have yet to realize what lies within, as well as blessing people who can never repay him. Melvin is a man with unbelievable vision, tons of motivation, and a work ethic that's second to none.

Melvin now combines his passion for motivating and inspiring people with the skills of fitness and finance to transform lives. Melvin can be reached at 757-719-0256, on social media (@MasseyLegacy), or at his email address (melvin@masseylegacy.com).



ANNOUNCING THE WORK INJURY CENTER Sports Camp Contest for Underprivileged Kids

(melvin@masseylegacy.com) no later than May 31, 2016. Obviously, the candidate's coach has to agree to recommend the young athlete. The name of each young athlete recommended will be placed into a hat for a random drawing.

The first drawing will take place on June 1, 2016. If that's too soon, don't worry; we'll be running this contest each month, so get in your recommendations for the July drawing by our next deadline of June 30, 2016. We plan to hold that drawing on July 1, 2016.

We plan to publish the winning results each month in this newsletter.

Again, it is important that you not contact our firm or Mr. Massey directly about any candidates for this sponsorship. Mr. Massey will only accept candidates recommended by the candidate's verifiable high school team coach in either Virginia or North Carolina.

The criteria used to evaluate whether or not a student will be a candidate for the drawing should be shared with the

candidate's high school coach. They are as follows:

1. Active in high school sports and on a high school team
2. Shows potential for future in sports
3. Wants to attend a sports camp
4. Has a good attitude and is interested in self-improvement
5. Has integrity and leadership skills
6. Has decent grades
7. Is from a family that is unable to afford to pay for sports camp (i.e., underprivileged)

We certainly hope our readers will participate, and to all those who are recommended, good luck!!!

WHAT IF?

PROBLEM:

My PT/MRI/CT scan hasn't been approved by the workers' compensation adjuster.

ANSWER:

If your doctor has ordered testing or treatment for you that the comp carrier has not approved yet, you should call your doctor's office and ask them the status of approval. Your doctor's office will either tell you that they are still awaiting approval or that the orders were DENIED. If the orders

were DENIED, please ask your doctor's office to fax us the orders ASAP so we can effectively communicate with your adjuster or defense counsel and take legal action if necessary.

PLEASE NOTE: Any time your doctor orders testing or treatment, your doctor's office electronically submits the orders directly to the adjuster for approval. Our office is not involved in this process, and we do not get any type of notification whatsoever regarding approval of your doctor's orders.



Joe's Monthly "SOUL SNACK"

What is yours will reach you in good time. You don't have to forcibly grab that which is intended for you anyway.

When you believe that G-d will provide for you, then your life will be calm, pleasurable, and productive.

If you think that your fate and livelihood is in your hands, then life will be a hell on earth of strain, pressure, and disappointment strewn with untold obstacles, including the temptation to obtain money by dishonest means.

The choice is yours.

--R. Arush

Recipe Taco Salad to Go



Summer is always busier than you think, and it's important to keep up your energy while you're on the go. Try this convenient and healthy salad-in-a-jar recipe, perfect for a mid-afternoon pick-me-up.

What you'll need ...

- 8 ounces cooked chicken breast, cut into bite-sized pieces
- 2 Roma tomatoes, chopped
- 1/2 cup salsa
- 1/2 cucumber, chopped
- 1 large lime, juiced
- 1/2 cup black olives
- 1 large avocado
- 1/2 cup cilantro, chopped
- Fresh spinach
- 1 mason jar

Step-by-step

1. Place salsa in the bottom of mason jar.
2. Put avocado in a separate bowl, and mix with the lime juice. Drop the mixed avocado into the jar.
3. Add in chicken.
4. Place tomatoes, cucumber, and olives on top, followed by the cilantro and as much spinach as you can fit.
5. Seal and refrigerate until you're ready for lunch.