

INSIDE THIS ISSUE

LOYALTY OF MAN'S BEST FRIEND
page 1

GOING FOR GOLD ... FOOL'S GOLD
page 2

TESTIMONIAL
page 2

VACATION AND WORKERS'
COMPENSATION
page 3

LEMON CRUMB MUFFINS
page 3

LETTERS FOR ANAYA
page 4



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LETTERS FOR ANAYA

How a Girl Without Hands Won a Handwriting Contest

When 7-year-old Anaya Ellick was born without hands, her family worried about her future and the adversity she would have to face as she grew up. Her parents had no clue what the world truly had in store for her.

As Anaya has grown, she has ignored her physical limitations. It doesn't matter that she doesn't have hands. She doesn't even use prosthetics. Anaya has been determined to do everything other kids do. She accepts the fact that she is different, she accepts the challenge, and she accomplishes what she sets her mind to.

In May, Anaya won a national handwriting contest. Her prize was the Nicholas Maxim Special Award for Excellence in Manuscript Penmanship. The contest, sponsored by Zaner-Bloser, is put on every year to help promote legible handwriting. Zaner-Bloser is an educational services company that focuses on handwriting and literacy. The contest began in 1991 and is open to all kids in kindergarten through the eighth grade.

Anaya's mom, Bianca Ellick, says her daughter "ties her shoes, gets dressed by herself, [and] doesn't really need any assistance to do anything." The first grader draws, colors, and writes. To write, Anaya holds her pencil between the ends of her arms. Then she stands against her desk to reach the paper. Her school principal, Tracy Cox, says Anaya has some of the best handwriting in her class.

For her handwriting, Anaya won \$1,000, along with a trophy commemorating the achievement. Her school also won a gift certificate for education resources.



NEWSLETTER

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LOYALTY OF MAN'S BEST FRIEND

When my oldest daughter, Dalya, turned 4, we drove out to a German Shepherd breeder in North

Carolina. I've loved German Shepherds my whole life; my parents and grandparents both had shepherds when I was growing up. I knew when it came time to get the first dog with my family, that was the breed I wanted.

Dalya picked out the puppy, pointing to this tiny little thing with a patch of white on his chest. I'm pretty sure he was the runt of the litter, but that's the one she wanted. After he was weaned, we came to take him home and never looked back.

That's how we got Boom-Boom, who's been a member of my family for 13 years. I am not exaggerating when I say he is the best dog ever. He may have been the runt of the litter, but he's always been the best guard dog, even today in his old age. He spent his life being absolutely fearless, yet at the same time, sweet as sugar.

One time we went up to the Big Meadow campground in Shenandoah National Park, one of our favorite places to camp. It's a beautiful area, with lots of space and trees and so many deer. They're so used to people in the area that they will walk right into your campsite.

One morning, I got up early and went to sit by the fire. Boom-Boom was out there with me, keeping me company while on his leash. We were just enjoying the morning when a deer walked up. They had this stare down, Boom-Boom and this big old deer. Then bam! Boom-Boom's off like a shot, breaking his leash to chase the deer into the woods.

Honestly, I was amazed. Boom-Boom had never encountered a deer before. But he just knew he was supposed to chase this thing. I wasn't worried when he took off into the trees. That smart dog found his way back before long. He had a lot of fun on that trip.

Boom-Boom was such an athletic dog, running faster than I'd ever seen a dog run in my entire life. We had this ball launcher that could send a ball over a hundred yards. He'd take off after it like a rocket, wanting to go again and again. You'd have to make him lay down before he was willing to take a break. And of course, there were always the constant comments from strangers about what a handsome fellow he is.

He's still like that today, just a bit more reserved. Boom-Boom will bring you a tennis ball to throw, go after it, and bring it back to throw again. He's still got his looks, but the old boy's not as fast as he used to be, and he can't keep going nearly as long. He'll lay down on his own after one or two short trips to get the ball. He

MY AMAZING DOG, BOOM-BOOM

needs to wear a harness now so we can help him walk. We use lots of shampoos and sprays to keep him clean — and dog diapers indoors to help in case of an accident. Yeah, he can be a pretty smelly dog these days, but he's still a good boy.

People ask me sometimes, "Don't you think it's time to think about having him put down?"

Not a chance. In my mind, if he still has a good quality of life, still wants to walk around, sniff things, and just be a dog, then it's my job to help him have the best doggy life he can. His appetite is still good, and he's cognizant and happy enough to get up and move and be with his family. When that changes, I'll go back and revisit the options and make sure we're doing what's best for him.

Boom-Boom's been a good, loyal dog all his life. It only seems fair that I return the favor. Being man's best friend is a two-way street.

-Joseph Miller

P.S. Got a cool dog story of your own? Email Ebony at ecmbrown@joemillerinjurylaw.com and include a photo of your furry friend, and we'll select the best of the bunch to include in our next issue!

MEET OUR NEW TEAM MEMBER

We are truly thrilled to welcome a new member to our team at the Work Injury Center!

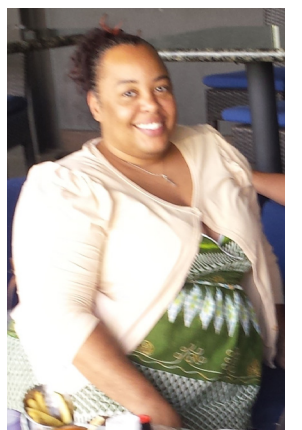
EBONY MALONE-BROWN

Intake Specialist

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Ebony was born in Washington D.C. and grew up between Seattle, Washington, and Richmond, Virginia. Her previous work experience has

included customer service and real estate law. She pursued her Bachelor of Arts Degree in criminal justice here in Norfolk at Old Dominion University. For fun, Ebony likes to paint, as well as design and create home décor. Through her new work at The Work Injury Center, Ebony is excited to fulfill her desire to help others in need. She finds it very rewarding when clients are pleased with our willingness to fight for them. Ebony lives in Norfolk with her family.





Going for Gold ... Fool's Gold THE OLYMPIC SPORTS THAT COULDN'T WIN

Tandem Bicycle Sprint

From 1908 until 1972, the Summer Olympic Games featured tandem bicycle races. Bikers raced at top speeds in a 2,000 meter sprint on a bicycle built for two. Because of the banked track and increased speeds, this event was a magnet for injuries and wrecks and was discontinued following the Munich Summer Olympics in 1972. It is still a vital part of the Paralympics cycling program.

Solo Synchronized Swimming

Solo synchronized swimming made its inaugural splash at the 1984 Los Angeles Games to little fanfare. The International Olympic Committee rationalized that while there were no other swimmers for competitors to be synchronized with, they were still moving in time with the music. The most exciting moment of this sport's Olympic tenure was in 1992 when

a judge accidentally gave one swimmer an 8.7 when he meant to award her a 9.7, which cost her the gold. Even the judges couldn't be bothered to pay attention. Solo synchronized swimming ended that year.

Poodle Clipping

While not an actual Olympic event, it sure fooled the world. In the lead-up to the 2008 Beijing Olympic Games, a writer for The Daily Telegraph wrote a story on the subject as an April Fools' joke. The story ran, complete with fictionalized gold medalist, a 37-year-old French housewife who blew the competition out of the water by clipping 17 poodles in two hours. The true accomplishment, however, is that the writer fooled other news outlets so soundly that many reprinted the story as fact, and it spread like wildfire. Many internet news outlets still boast poodle clipping as one of the strangest Olympic sports in history.

VACATION AND WORKERS' COMPENSATION: PART 1

It is, once again, the time of year when people start to go on vacations. The children are out of school, the weather is nice, and the days are longer; however, if you are receiving benefits under workers' compensation, you may want to think twice before going on vacation. In this article, we will discuss why going on vacation could have adverse effects on your workers' compensation claim.

MEDICAL TREATMENT

If you are receiving workers' compensation benefits and you are required to see a physical therapist, orthopedic surgeon, or any other doctor or specialist, it is very important that you keep your appointments and attend every one. If you go on vacation for a long period of time and miss an appointment or request that the doctor change your appointment, you could risk losing your benefits.

Missing an appointment or rescheduling an existing appointment could be viewed as **failure to comply with medical treatment** by your nurse case manager. As such, particularly in Virginia, the case manager could have the defense lawyers file an application to have your benefits taken away. Once your benefits are stopped, it could be years until they are restored — if ever.

If you are going on a short trip, and you will not be missing or rescheduling any doctor appointments to do so, you may be alright. However, as we will discuss in the next section, there are still other issues you need to be aware of, even if your medical treatment is not affected.

If you have been severely injured at work, there are numerous details you need to be aware of in order 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 JusticeSM 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.

Stay tuned for parts 2 and 3

Client Testimonials

"You are a very good lawyer. You have a good team that works with you. You and your team are a part of my family. Thank you and your team for all of your help."

**- Connie F.
Boykins, VA**

"Mr. Miller and the paralegals did what they said they would do, and every step was explained.

All the problems with the insurance company were taken care of immediately. Excellent communication. Thank you, Mr. Miller and Ms. Hancock."

**- Richard H.
Elizabeth City, NC**

"Mr. Miller would be highly recommended by me. I had many questions, and he was very patient and attentive with me,

ensuring that I received the highest quality of help concerning my case. Should I ever need an attorney again, he would be the first person I call. He did an awesome job!"

**- Gwen
Johnson
Norfolk, VA**

Joe's Monthly 'SOUL SNACKS'

"People often avoid making decisions out of fear of making a mistake. Actually, the failure to make decisions is one of life's biggest mistakes."

- R. Noah Weinberg

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

Recipe **LEMON CRUMB MUFFINS**



What you'll need ...

Muffins:

- 6 cups all-purpose flour
- 4 cups sugar
- ¾ teaspoon baking soda
- ¾ teaspoon salt
- 8 eggs
- 2 cups (16 ounces) sour cream
- 2 cups butter, melted
- 3 tablespoons grated lemon peel
- 2 tablespoons lemon juice

Topping:

- ¾ cup all-purpose flour
- ¾ cup sugar
- ¼ cup cold butter, cubed
- Glaze:
- ½ cup sugar
- ½ cup lemon juice

Step-by-step

1. In a large bowl, combine the flour, sugar, baking soda, and salt. In another bowl, combine the eggs, sour cream, butter, lemon peel, and juice. Stir in dry ingredients just until moistened. Fill greased or paper-lined muffin cups three-fourths full.
2. In a small bowl, combine flour and sugar; cut in butter until mixture resembles coarse crumbs. Sprinkle over batter.
3. Bake at 350° for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pans to wire racks. In a small bowl, whisk glaze ingredients; drizzle over warm muffins. Serve warm.