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TOGETHER IN THANKS

THE BLESSING OF  
 THANKSGIVING AND FAMILY



I love Thanksgiving, because it makes us all stop for a moment and think about the good things in life - no matter who's in the Oval Office or what the politicians have been saying, Thanksgiving is truly a time to be grateful and to thank God for the Blessings we have while sharing a delicious meal with our loved ones.

together. My dad passed away at the beginning of the year, and it's hard to think we'll be spending Thanksgiving without him. I miss him every day, and wish we could be enjoying quality Holiday time together again - even if we're just sitting down glued to a Redskins game - but I know he would want me to live in the present and be thankful for the blessings I have now.

I grew up in the South, so my ideal Thanksgiving feast includes turnip greens, black-eyed peas, cornbread, and your standard Southern-style cooking. While not everyone in my family enjoys these dishes on the menu, family Thanksgivings are still amazing. I'm a big fan of good turkey and stuffing, though nothing beats my mom's candied yams. Those yams, topped with cinnamon sugar and walnuts, are like Heaven on earth.

I'm grateful for the good health of my family, especially my mom. My sister has moved back into town from Michigan, and I'm grateful to have her close again. I have a wonderful staff at the office and great clients who put their trust in myself and our team, and for that I am forever grateful. Above all else, I'm immeasurably thankful for my wife and two daughters, who have been with me every step of the way this year, and who continue to be the greatest Blessings of my life.

It's certainly been a crazy few months. Election season is always intense, but this past one really takes the cake. The country's been so drastically divided. People are understandably passionate about their beliefs, but when it comes to politics, I've seen firsthand how it can put a strain on friends and family. But I believe that, at the end of the day, not even the presidential election is worth wasting the time we have with our loved ones.

My family tends to rotate each year for Thanksgiving. Last year, I took my wife and kids out to my brother-in-law's cabin in Western North Carolina to celebrate. This year, we're going to my mom's house here in Virginia Beach.

This Thanksgiving, I pray everyone has the opportunity to sit with their loved ones, enjoy each other's company, and serve God with true joy. Life's too short to let politics get in the way when there's turkey to be had with the people you love.

Honestly, I think we're lucky Thanksgiving falls so soon after an election. The very nature of the holiday is special because it's truly an American holiday. We all celebrate together, regardless of politics, heritage, or religion. Thanksgiving is a reminder that, no matter our differences, we're living in this great country together.

Yes, it's still hard to say "my mom's house" and not "my parents' house" anymore. This year has been a true reminder to be thankful for this short time we have

Happy Thanksgiving!  
*- Joseph Miller*

SAVING A SPECIES, 3 M&Ms AT A TIME

It's estimated that there are about 300 black-footed ferrets left in the wild. The ferret, native to the Great Plains in the U.S., was once thought to have gone extinct. In the 1990s, researchers were able to selectively breed what few remained in captivity. Eventually, they were released back into their native habitat.

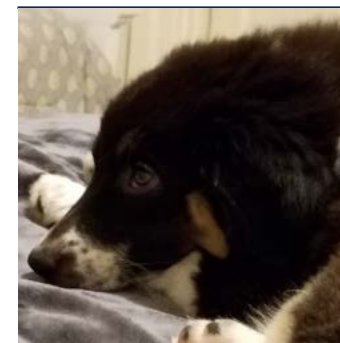
Despite recovery efforts over the past few decades, the black-footed ferret population never really took off. Disease, loss of habitat, and hunting have kept the populations low. Now, researchers with the U.S. Fish and Wildlife Service are trying a new way to help the ferrets survive: M&Ms — yes, the candy-coated chocolate treat loved by millions all over the world.

The M&Ms are designed to combat disease, specifically the sylvatic plague. The M&Ms are coated in a special peanut butter mixture that contains a plague vaccine. Using drones described as "glorified gumball machines," researchers can drop the M&Ms over the Great Plains and the scattered habitats of the ferrets and prairie dogs,

three M&Ms at a time. Right now, the M&M vaccine project is contained to a small region of eastern Montana.

Both the black-footed ferrets and their primary food source, the prairie dog, are highly susceptible to the plague. The plague has wreaked havoc on prairie dog populations in the Great Plains, leaving the ferrets without any food or shelter, as the ferrets have a habit of taking over prairie dog burrows. Both animals are vital to the Great Plains ecosystem, especially the prairie dog, which sits at a critical place on the food chain.

U.S. Fish and Wildlife Service biologist Randy Matchett says the animals find the M&Ms "delicious." If the Montana vaccine trials work, Fish and Wildlife will expand the project to other locations around the Great Plains, ultimately saving the ferrets and the prairie dogs, three M&Ms at a time.



A NEW BUNDLE OF FLUFF

Allow me to introduce Luna, my family's new 3-month-old Australian shepherd puppy. This rambunctious bundle of pure fluff is filling our home with constant energy, lots of licks, and lots of love!

We're still feeling Boom Boom's absence, and there's no dog who could ever replace him, but we're very happy to welcome Luna into our lives. She's the kind of dog you can't help but fall in love with.





# BALANCING BUDGET & NUTRITION

BY GARRETT TRUMP, NCSA CERTIFIED PERSONAL TRAINER

As nutrition has gained more and more notoriety and received additional funding over the years, it has become general knowledge that what you eat, and in what quantities, is very important to your overall health. This general realization by the public has coincided with more offerings of low-fat, low-carb, low-calorie, organic, and gluten-free foods.

The downside about all this nutritional awareness is that, oftentimes, the “healthy” foods that are marketed are either not actually nutritious or extremely expensive.

That’s where this article comes in. I am going to give an example of a meal plan that will meet all of the Dietary Guidelines for Americans and be easier on your budget.

Disclaimer: I will be using a 2,000-calorie diet as an example. This may or may not exceed your nutritional needs. This diet should only be used as an example of types of foods to eat and in what quantities to eat them.

## MEAL: Breakfast

Item	Amount	Calories	Fats	Carbs	Fiber	Protein	Price
Fat-free Milk	1 cup	80	0	12	0	8	\$0.16
Banana	1 banana	110	0	26	3	1	\$0.20
Whole-grain bread	2 slices	180	2	36	6	8	\$0.11
<b>Total</b>		<b>560</b>	<b>18</b>	<b>81</b>	<b>13</b>	<b>25</b>	<b>\$0.64</b>

## MEAL: Lunch

Item	Amount	Calories	Fats	Carbs	Fiber	Protein	Price
93 percent lean ground beef	6 ounces	255	12	0	0	36	\$2.06
Zucchini noodles	150 grams	25	0.5	5	2	2	\$0.61
Pasta sauce	½ cup	90	3.5	12	3	2	\$0.42
Bowl of strawberries	150 grams	48	0	7	2	1	\$1.67
<b>Total</b>		<b>418</b>	<b>16</b>	<b>24</b>	<b>7</b>	<b>41</b>	<b>\$4.75</b>

## MEAL: Dinner

Item	Amount	Calories	Fats	Carbs	Fiber	Protein	Price
Chicken breast	6 ounces	255	12	0	0	36	\$2.06
Spring mix	2 cups	5	0	1	0	0	\$0.50
Balsamic vinegar	2 tablespoons	28	0	7	0	0	\$0.23
Avocado	30 grams	50	4.5	3	2	0	\$0.45
Diced tomatoes	¼ tomato	6	0	1.5	0	0	\$0.28
Quinoa	¼ cup, cooked	56	1	11	1	2	\$0.24
Whole-grain bread	2 slices	56	1	11	1	2	\$0.24
<b>Total</b>		<b>418</b>	<b>16</b>	<b>24</b>	<b>7</b>	<b>41</b>	<b>\$4.75</b>

## MEAL: Snack

Item	Amount	Calories	Fats	Carbs	Fiber	Protein	Price
Yogurt	½ cup	110	4.5	3	2	0	\$0.27
Hummus	2 tablespoons	70	4	6	2	2	\$0.26
Carrot sticks	12 sticks	70	0	16	4	2	\$0.10
Apple	1 medium apple	90	0	22	3	0	\$0.80
Ice cream bar	1 bar	180	11	18	1	2	\$0.50
<b>Total</b>		<b>520</b>	<b>19.5</b>	<b>73</b>	<b>10</b>	<b>11</b>	<b>\$1.94</b>

Daily Total	2003	62.5	237.5	37	126	\$9.94
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As you can see, it’s really not that hard to eat healthy, stay energetic, and not break the bank, all at the same time.

Please feel free to contact me if you’d like more information on eating healthy.

Garrett Trump, who received his bachelor’s degree at Christopher Newport University, is a NCSA-certified personal trainer and the co-founder of Vortex Training, an Alexandria, Virginia, in-home personal training company. He is also a former two-sport high school athlete. Garrett is currently working on his master’s degree in nutrition at George Mason University, concentrating his efforts on his thesis on metabolic adaptation. For personal training or general inquiries, you can contact Garrett at [vortextraining@yahoo.com](mailto:vortextraining@yahoo.com) or [vtnova.com](http://vtnova.com).

## ANOTHER VICTORY FOR THE WORK INJURY CENTER

# Part 2



We are happy to report that we were able to get both things accomplished for Ms. Denton. The deputy commissioner ruled that once the insurance orthopedic doctor released Ms. Denton from care, she was able to choose another doctor, and that doctor was to now become the authorized treating physician. In addition, although the pain doctor was

also an authorized doctor, he actually advised Ms. Denton to continue treating with the doctor of her choice, and he did not invite her back to treat with him. The pain doctor also demonstrated incompetence since he failed to mention or acknowledge the numerous objective signs of injury that testing had revealed. Therefore the pain doctor’s claim that our

client was a liar and a faker were simply not credible.

Finally, because her doctor of choice continued to hold her out of work, the deputy commissioner ruled that the insurance company owed Ms. Denton her back pay from when it had stopped, as well as ongoing workers’ compensation for as long as she remained out of work due to her injuries.

Getting your authorized treating physician switched to a doctor of your choice is not easy, but it can be accomplished under the right circumstances, such as here, where your doctor advises there is nothing more they can do for you. We are happy we were able to get that accomplished for Ms. Denton. We are hopeful we can now work on getting her a decent settlement for her case.

## Joe’s Monthly ‘SOUL SNACKS’

“Great minds discuss ideas. Average minds discuss events. Small minds discuss people.”

– Eleanor Roosevelt

“Intelligent people know of what they speak; fools speak of what they know.”

– Ethics of the Fathers

## Recipe APRICOT AND WILD RICE STUFFING



### What You’ll Need ...

- 10 tablespoons unsalted butter
- 1 (6-ounce) package wild rice
- 1 loaf sourdough bread, torn into pieces
- 1 onion, chopped
- 3 celery ribs, chopped
- 2 garlic cloves, chopped
- 1 cup dried apricots, chopped
- ¼ cup parsley, chopped
- 2 tablespoons sage, chopped
- 1 tablespoon thyme, chopped
- Kosher salt
- Black pepper
- 1 cup roasted walnuts, chopped
- 2 cups chicken stock

### Step by Step ...

1. Preheat the oven to 375 F and grease a 3-quart baking dish.
2. Cook rice according to package instructions and toast the bread on a baking sheet until dry.
3. In a large saucepan over medium heat, melt butter, then add onion, celery, and garlic. Stir until softened (8-10 minutes). Add apricots, parsley, sage, and thyme. Cook 1-2 minutes. Season with salt and pepper.
4. Stir in rice, bread, walnuts, and chicken stock. Transfer to baking dish and bake 35-40 minutes or until golden.

Recipe inspired by [countryliving.com](http://countryliving.com).