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STREAMING IS THE NEW BLACK

WHAT DO NETFLIX AND A LAW FIRM HAVE IN COMMON?

Some people like to say, "Patience is a virtue." While I agree with that wholeheartedly — you can't have everything the moment you want it — I also believe our time is really valuable. We only have so much of it and when possible, we should be in control of how we plan our time. In the last decade, we've seen new technologies give people more control over their time, and while some industries have adapted, others tried to ignore these changes until they almost became obsolete.

Just look at television for example: Millions of people all over the world are tired of commercials or having to plan their day around a network's schedule in order to watch their favorite show. We want our entertainment needs to fit with our lives, not the other way around. Streaming services like Netflix and Amazon Prime realized we have stuff to do, and they've created a system that allows people to watch their favorite shows at their leisure — we can watch 10 minutes when we have the time or binge an entire season.

To be honest, I don't know if this level of instant gratification is good or bad, but I do know it changed the landscape of television. People are cutting the cord from cable and satellite TV. Today, Netflix boasts 86.7 million subscribers, 44 percent of U.S. households use Amazon Prime, and streaming services have all but overthrown network television. Netflix and Amazon Prime are at the top of the heap, and the networks are left holding the bags.

Growing technologies and changing expectations have transformed fields beyond television, including law. Once upon a time, if a person needed to know something about the law, they either went down to the library or got on the phone with their lawyer. Of course, a phone call meant being charged for the consultation, and that's if they were ever even able to speak with the lawyer at all!

A secretary would take a message on a little pink piece of paper and put the paper on the lawyer's desk, where it would collect dust until the lawyer found time in their busy schedule to call the client back. Meanwhile, the client is getting frustrated because they have no other way to find the information they need. This was the way law was practiced when I first started, but with new technology and client expectations, things have changed. People can pull out their phones and expect to be able to search any question they have, which means lawyers need to be putting more than just their contact information on their website.

However, like the streaming services, lawyers have to do more than just provide instant content — we need to be offering quality content. Netflix's "Stranger Things" won big at the SAG awards, people have been loving "Orange is the New Black" for years — including my wife — and I am a big fan of "The Man in the High Castle" from Amazon Prime. I want the resources I'm offering, from my free books to our workers' comp case packages, to match that sort of quality. And



of course, the purpose of that content is to go far beyond mere entertainment.

In the arena of Workers Comp, I recognize that there is burning, urgent need to provide high quality education, i.e. "content" for the benefit of injured workers—people who are severely injured who do not know where to turn. As we've seen with Netflix and network television, either you pay attention to your client's needs or you risk losing them. People expect more today, and I strive to be the kind of lawyer who delivers.

- Joseph Miller

DIGNITY THROUGH BREAD | How a Café in Madrid Gives to the Poor

During the day, the Robin Hood café serves an ordinary menu, featuring coffee and *croquetas*. Situated in Madrid, Spain, the Robin Hood café — which opened late last year — has quickly become a neighborhood staple. And it's not because they serve the best *croquetas* you've ever had.

It's how the café operates. Once evening rolls around, things change. The café becomes something more than an ordinary eatery. It becomes a sanctuary for Madrid's impoverished — those who cannot afford a meal.

As a result of Spain's troubled economy, the number of people who cannot afford basic necessities has risen — and the folks behind the Robin Hood café have responded. The café is operated by a local charity, *Mensajeros de la Paz* — messengers of peace. The mission of the café is to feed at least 100 homeless people every night.

The man behind the concept, Father Ángel García Rodríguez, said he was inspired by Pope Francis, who has "spoken again and again about the importance of giving people dignity, whether it's through bread or through work."

"So, we thought," Father Rodríguez said, "Why not open a restaurant with tablecloths and proper cutlery and waiters? People with nothing can come and eat here in the restaurant and get the same treatment as everyone else."

Father Rodríguez does stress that, while the café is named after the English folk hero, the establishment does not rob from the rich to give to the poor. Instead, the "rich" — the patrons who dine at the restaurant during the day — merely help to pay for the meals the café prepares for those in the evening who cannot pay.

And those meals have people talking. It's not your ordinary soup kitchen fare. Rather, the food has been described as "sophisticated." One visitor to the café, a homeless man, called the food, "great and very elegant." He appreciates everything the café has done for him, and that includes making him feel welcome.



Streamline Your Storage Spaces

MAKING ROOM IN A CROWDED HOME



All homes could use more storage space. Everyone has their list of items that end up getting “put away” in different places — or those items they can never seem to find. Most homes can gain a little extra capacity through smart organizational systems. Here are a few tips for increasing organization and streamlining the storage space in your house.

A great place to start is to categorize the items you need to store. While having one or two spaces for miscellaneous items doesn't hurt, the more junk drawers you have, the more likely it is items will end up there, making them hard to find and track. Find a logical, intuitive location for items, and you will be surprised by how naturally organization follows.

Specific containers will help you make sure items end up where they belong. The Container Store is an awesome resource for finding all sorts of useful storage contraptions that will fit spaces of any size and shape. Use little dry-erase boards, also available through The Container Store, to relabel and repurpose containers as needed. Check

out their website and receive free shipping on orders over \$75.

Don't be afraid to seek unique solutions when it comes to storage. If you have high ceilings in your kitchen, for example, you can hang pots and pans from hooks. Large objects like bicycles, which use up a lot of ground space, can be hung from walls in your garage. The website ABowlFullOfLemons.net has all sorts of clever home organization hacks, and they have even published a book called “The Complete Book of Home Organization,” which is an invaluable resource.

With an open mind and a little ingenuity, you will be surprised at how much extra storage space you can create.

ARE WORKERS' COMP CASES DIFFERENT

THAN PERSONAL INJURY CASES?

It used to be, if an employee needed to seek compensation after suffering an injury while on the job, they would have to file a personal injury case against their employer, which put a great deal of pressure on the working relationship. Workers' compensations laws were passed to ease this burden and smooth the process on both sides. There are a number of key differences between a workers' comp case and a personal injury case, which include:

FAULT

In a personal injury case, the plaintiff must prove the defendant acted carelessly and that the defendant's carelessness caused their injuries. Likewise, the defendant has the opportunity to prove the plaintiff's negligence is at least somewhat responsible for the accident. In a workers' comp case, no blame needs to be placed on either party. The key requirements are for the accident to have occurred while the employee was on

the job, for the accident to have caused the employee's injuries, and for the employee not to have intentionally ignored a known safety rule.

COST

Most lawyers who take on personal injury cases do so with a high contingency fee. If the injured party wins the case, the lawyers can get paid between 33.33 to 50 percent of the recovery. Workers' comp cases often have much lower contingency rates, usually 20 percent in Virginia and 25 percent in North Carolina, and all arrangements are subject to the approval of the North Carolina Industrial Commission and the Virginia Workers Compensation Commission.

PAIN AND SUFFERING

This is one of the biggest differences between a personal injury case and a workers' comp case. In a personal injury case, the injured party is allowed to claim damages



for physical pain, emotional suffering, and loss of life's pleasures. This is not an option for workers' comp cases. Injured employees are not entitled to seek compensation for their pain, suffering, or inconvenience.

You can read more about how workers' comp cases differ from personal injury cases over on our blog at www.joemillerinjurylaw.com/blog. There, you can also find more information for specific types of workers' comp cases and learn which employees are eligible to file for workers' comp.

SEVERAL RECENT SUCCESSES on Behalf of Our Clients

We are happy to report that the year has started off with a bang for several of our clients. We are in various stages of finalizing six-figure settlements for five injured workers in the last month alone, and we're working on negotiating several more.* This is in addition to numerous others, smaller settlements involving clients who ended up returning to work at or near their pre-injury wage.

The injuries in relation to these settlements have involved electricians, a factory worker, sales personnel, and a stone mason, just to name a few. We are thrilled and honored to be providing these clients with an opportunity to get out from under the prying eyes of the workers' compensation insurance company and to get on with the next stage of their lives.

And what are their plans? Some say they will just use the money to support themselves until full retirement. Others

may start their own businesses to accommodate their physical restrictions. Still others are collecting Social Security disability as well and look forward to indulging in and funding some new hobbies — and perhaps earning a little extra income until they reach full retirement age.

So how does one qualify to be in a situation where a workers' compensation insurance company is willing to pay you and your lawyer \$100,000 or even \$400,000 or more to settle your case? The factors are too numerous to mention; however, a lot depends on whether you are under an award, whether your doctor supports your continued disability from work, what your weekly comp rate is, what kind of employer you have, and what your future medical treatment involves as per your treating doctors.

In such cases, it is our job to get those opinions from the treating physicians

and present your case in an organized way that makes an enticing case to the insurance company for settlement. We help the insurance company understand that leaving your case open will expose them to risk, which they would be well-advised to avoid by resolving the claim now, rather than continuing to pay you piecemeal each week.

If someone you know is in a situation where he or she has an ongoing workers' compensation claim in Virginia or North Carolina, please feel free to have that person give us a call to help explore whether their case is the kind that may one day qualify for a large settlement.

***ALL CASES ARE DIFFERENT AND UNIQUE. WE CANNOT GUARANTEE THESE RESULTS IN YOUR CASE.**

Joe's Monthly 'SOUL SNACKS'

“When a person goes against his nature and gives generously to others, his prayers are heard.”
– R. Nachman.

“To consider yourself a very wicked person — this is not the proper way to achieve holy humility. On the contrary, one should know and believe that one's soul, in its source, is very, very great, precious, and sublime.”
– R. Nachman.

“By standing firm in a trying experience, a person merits that Heaven perform a miracle for him.”
– R. Nachman.

CURRY ROASTED CAULIFLOWER



What You'll Need ...

- 1 head cauliflower, chopped into florets
- 1 fennel bulb, fronds removed, thinly sliced
- 3 tablespoons ghee, melted
- 2 tablespoons nutritional yeast*
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- ½ teaspoon garlic powder
- ½ teaspoon coriander
- ½ teaspoon salt
- ½ teaspoon white pepper
- Chopped parsley, to garnish

Step by Step ...

1. Preheat oven to 400 F.
2. Line a baking sheet with parchment paper. In a bowl, add florets and fennel along with ghee and toss to coat. Then add the other ingredients and toss again.
3. Place in the oven to bake for 35 minutes or until slightly browned.
4. Garnish with fresh chopped parsley on top!

*Nutritional yeast is not required, but it gives the dish a cheesy flavor, so is recommended.

Recipe inspired by PaleOMG.com.