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Gone in a Gust of Wind

WHEN WE'RE REMINDED TO PULL OUR HEAD UP

At the time of writing this, Hurricane Harvey just ripped through Texas, with Hurricane Irma bearing down on Florida. More storms are on their way, and when this issue goes to print, we'll know how it all turns out. For now, all I can think about is when Hurricane Isabel roared through Virginia in 2003. The aftermath was devastating. My family was left without power for two weeks and we spent the first few days cooking up everything in our refrigerator before it could go bad. When the schools finally opened again, I had to find new routes to take my daughter to

"... sometimes all you hear is discord and disagreements, but when something big happens, people will still drop everything to help one another."

school because Midtown Tunnel was severely damaged during the storm. Across Virginia, the damage totaled over \$1.3 billion. As bad as we had it, I know the people down in Texas are going through a lot worse.

My heart goes out to the people of Texas. The state needs over \$150 billion to aid in repairs. Tens of thousands of people were displaced, and

some lost their homes altogether. Cities right on the coast were completely demolished. FEMA can only do so much. The most some people will be able to get is \$250,000. After you've lost everything, that's not enough to rebuild your life.

As oncoming storms threatened to swing up the coast toward Virginia, I took note of my own life and what we would have to do if worse came to worse. Sometimes, we put our heads down and focus on just grinding through life. I know there are times when I'm poring over a piece of paper, and I've let my life become all about facts and figures. When I finally remember to look up again, 10 years have gone by. If there's any silver lining in these terrible storms, it's that you are forced to look up. In times of crisis, we remember the people who are really important to us and how temporary life can be. What's more, we're reminded that people really do want to help one another.

After Hurricane Harvey left Houston underwater, the news was filled with stories of people helping each other. People with boats drove for hours to help with rescue efforts, strangers opened their doors to families who lost their homes in the storm, and donations poured in from all over the world. These days, sometimes all you hear is discord and disagreements, but when something big happens, people will still drop everything to help one another.

I believe sometimes God sends us disasters to remind us there is more to life than the



computer in front of our face or the paperwork on the desk. No matter the differences, at our core we're all human beings trying to make it through life together. The least we can do is lend each other a helping hand, even when there's not a hurricane breathing down our necks. I'm proud of the work we do at the office, and the opportunity we have to help other people every day. Time moves fast, and everything can change with a gust of wind. At the end of it all, I want to say I was able to make a difference in the lives of my friends, my family, and my clients.

- Joseph Miller

Otis: Unlikely Hurricane Hero

In late August, the nation was put to the test after Hurricane Harvey struck Texas. Journalists, professional and otherwise, brought back stories and images of the destruction and aftermath. Among those stories was one about a dog named Otis.

Otis, a German shepherd mix, belongs to a 5-year-old boy in Sinton, Texas. "He's a special dog," said Salvador Segovia, the grandfather of Otis' owner. "He's been instrumental in helping my grandson following numerous hospital visits for seizures and asthma."

Apparently, Otis is a local celebrity due to his affable nature. He can saunter down to the Dairy Queen and score a free hamburger. Salvador says he's also the only dog allowed to lie down in front of the county court house.

When Harvey struck, dogs, cats, and people sprang into survival mode. For Otis, that meant gathering resources. The morning after the storm, a woman snapped a picture of a damp Otis trotting down the street. In his mouth, he toted an entire bag of dog food, and not a small one.

The woman posted the picture to Facebook. "This dog is walking around Sinton, Texas, carrying a [sic] entire bag of dog food with him. LOL #refugee," the caption read.

The image resonated with people and quickly went viral, being shared over 50,000 times. The people of the Lone Star State have long prided themselves on their pluck and resilience.

"Must be a Texas dog cause [sic] he can survive without help," one commenter wrote online. Another site called him "the hero Texas needed."

Otis' canine resilience was both humorous and inspirational. The most powerful images in a crisis aren't of Air Force One or of celebrities donating millions. They're of ordinary people — and pets — striving, surviving, and making their way back home, just like Otis.



3 FAMILY ACTIVITIES FOR THANKSGIVING

Unless you have a child auditioning for “MasterChef Junior,” you’re probably not going to let the little ones cook the turkey this Thanksgiving. Just because the kitchen might be off limits, though, doesn’t mean you can’t find a few creative ways to make the holiday extra special for your kids. Spice up Thanksgiving with these fun, family-friendly activities.

Coloring-Book Tablecloths

If you have a big family, you are probably familiar with the Thanksgiving tradition of the kids’ table. It may be smaller than the grown-up’s seating arrangement, but it doesn’t have to be any less special. Turn your kids’ table into a canvas for a colorful, creative dining experience.

To do this, use craft or art paper to cover the table. Tape everything down tightly and provide crayons and colored pencils for every

place setting. If you want to add some extra holiday spirit, put the drawing supplies in emptied out cranberry sauce and pumpkin cans.

Gratitude Mobiles

Of course, Thanksgiving isn’t just about delicious food. It’s also about reflecting on the parts of our lives we are grateful for. Teaching kids about gratitude is the most valuable Thanksgiving lesson. Bring that concept to life with a gratitude mobile.

Grab some colored paper circles — or cut them out — and have your children write down things that they are thankful for. A silver Sharpie is great for this. Punch holes in the tops of the circles and run string through them. Tie the other end of the string to a coat hanger or embroidery hoop and hang it from the ceiling.

Stuff the Turkey Game

Want to get the kids outside so you can get to work in the kitchen? Create a Thanksgiving-themed game to get them playing outside while you get the stuffing prepped and the turkey in the oven.

To create a holiday-themed “Stuff the Turkey” game, all you need is a few paper bags. We’ll bet you have some left over from shopping. Use two small bags stuffed with scrap paper to create legs and glue them to a larger bag folded to look like the body of a turkey. Now that you have your turkey, you need some balls to stuff it with. Anything soft and baseball-sized will work, even some balled-up paper. Kids will take turns trying to toss the balls into the turkey, scoring points for every shot made.

WE’VE MOVED!

New Location, Same Great Team

After months of remodeling, we have finally moved into our new office space! Though our address changed from Norfolk to Virginia Beach, we promise we haven’t gone far. In fact, the new office is less than 2 miles away from our old place! We’re just off Interstate 264, right next door to Remedy Intelligent Staffing.

Come find us at **5500 Greenwich Rd, Virginia Beach, VA 23462**. Lost? Don’t worry, our number hasn’t changed! Give us a call at 757-455-8889 and we’ll be happy to give you directions. The building may be new, but inside you will find the same dedicated service the firm has always prided itself on.



TESTIMONIALS

“I’m giving this attorney a five-star rating — ad not because I met him or because he won a big settlement for me. I’m doing this because I sent an email with a concern about my husband’s workers’ compensation claim. I got a call within 15 minutes, and she listened to me for about 20 minutes. I have dealt with three attorneys in my life, and this is NOT how they conducted their business. All three took some information. But they wanted me to make an appointment to come in for further details ... whatever! Two of them even made me pay just to ask a few questions. But will I need him for this particular problem? I doubt it. I just sincerely appreciate the fact that his assistant took the time to call and answer my questions. If in the future, if I do need an attorney, it WILL be Joe Miller. Thank you, Fatimah.”

-P. Brown



Joe’s Monthly ‘SOUL SNACKS’

Pursue honor and it will flee from you. *-Tanchuma*

Those who do not grow, grow smaller. *- Pirke Avot*

A word to the wise is enough, but a fool needs a fist. *-Midrash Mishle*

Try not to become a man of success but rather to become a man of value. *- Albert Einstein*

Who is rich? He that rejoices in his portion. *- Avot*

SLOW COOKER SWEET POTATO SOUP RECIPE



Ingredients

- 3 pounds sweet potatoes, roughly chopped
- 1 onion, chopped
- 2 stalks celery, sliced
- 2 medium carrots, chopped
- 1 tablespoon garlic, minced
- 5 cups chicken or vegetable stock
- 1 cup coconut milk
- Sea salt and freshly ground black pepper

Directions

1. Pursue honor and it will flee from you. -Tanchuma
2. Those who do not grow, grow smaller. - Pirke Avot
3. A word to the wise is enough, but a fool needs a fist. -Midrash Mishle
4. Try not to become a man of success but rather to become a man of value. - Albert Einstein
5. Who is rich? He that rejoices in his portion. - Avot

Recipe courtesy of PaeloLeap.com.