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Your Dog's Favorite Music

Looking for new ways to spend time with your dog? Is fetch just a little too overdone? Is your furry friend's anxiety getting the better of them? Try putting on some Bob Marley.

Studies have shown that classical music calms canine nerves, but did you know Rover may actually have his own taste in music? Recently, a study from the Scottish SPCA and the University of Glasgow, published in the journal Physiology and Behavior, concluded that dogs may have their own music preferences. And while pups tend to enjoy many genres, the most popular seem to be soft rock and reggae.

The study, which evaluated kenneled dogs' preferences for soft rock, Motown, pop, reggae, and classical music, revealed that dogs spend significantly more time lying down and less time standing when any music plays. And while music didn't seem to persuade the dogs to quit



barking, the pups were significantly more likely to bark once the music stopped.

Researchers also measured the dogs' heart rates during each tune. When dogs listened to reggae and soft rock, their heart rates were significantly lower, which indicates a reduction in stress. And, even though the dogs specifically enjoyed different music genres, their physiological and behavioral changes remained constant over the five-day study.

Professor Neil Evans at the University of Glasgow suggested that this study may not represent the musical tastes of all dogs. "Overall," he writes, "the response to different genres was mixed, highlighting the possibility that, like humans, our canine friends have their own individual music preferences."

In 2015, the University of Glasgow conducted a separate study that examined the effects classical music has on our canine friends. They originally found that, while the music was calming at first, after a week of listening to classical music, the dogs seemed to become disinterested in the tunes and their stress levels eventually increased. So, based on these newer findings, it seems as though a variety of music can keep your dog both interested and relaxed while they are kenneled.

So, the next time it's too rainy to go to the dog park, put on a doggie-friendly playlist for them to enjoy. Who knows? Maybe your dog has the same taste in music as you!



NEWSLETTER

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WHERE WE'VE BEEN, WHERE WE'RE GOING A LOOK BACK AT OUR WINDING PATH

When I first opened my own firm, the sign on the door read "Accidental Injury Advocates." I was going for an alliteration, but ended up with the most cumbersome name for a firm I've ever heard off. But at the time, it did seem to suit what I was doing. It was just a mouthful.

I started my law career working for my dad's firm. It was a good place to get my sea legs, if you will. During our time together, my dad helped put me on the path to representing injured workers. When I stepped out on my own, I knew how to win cases and help my clients, but I didn't know anything about running a business. In that first little location, with one main room and an office, I had a lot to learn.

That office was in what you'd call a "Grade C" building. It wasn't great, but it was an office building, and that's what I needed then. I shared space with another lawyer, and we were basically in the back of his office. However, another lesson I learned as a business owner is you shouldn't only look at what's going on in the moment — you need to plan ahead. Because in just two years, we'd outgrown that space. We had four girls working in one room, and we were all falling over each other! I set my sights on a new home, with the perfect place in mind. Too bad another law firm had already set up camp.

There was a big defense firm located in a shopping center on Newtown Road. This prestigious firm took on big corporate clients, so I never understood why they set up shop in

a strip mall. Defense firms tended to be in hoity-toity, high-rise buildings where they could impress their well-to-do clients. The shopping center was a ridiculous location for a defense firm. However, as I told a friend of mine one day while we drove past, the central location and big parking lot would actually make it a perfect fit for a workers' comp firm.

Not long after, that same friend gave me a call to tell me I was right. The defense firm had sold the space and the new owner was looking to rent it out. I called the property manager right away and went to check it out with my dad. After he got a feel for the space, my dad agreed with me — the building would be perfect for a workers' comp firm. We started there in 2004, where the bigger space and convenient location allowed us to do a lot of great work. By 2012, I finally changed the name from Accidental Injury Advocates to Joe Miller Law, a name a little easier to remember.

Half of my career was spent practicing on Newtown Road, so when I realized we'd finally outgrown this space, it was harder to say good bye. Of course, the fact they're tearing down the shopping center to put up a massive convenience store helped make the transition a bit easier. As luck would have it, I learned a



friend of mine had been trying to rent out their commercial property located just two miles from our old office. With 3,000 square feet for us to grow into, and a brand new build-out with fresh carpet and new bathrooms, it's clear this space had been waiting for us.

We moved into our new space last November, and after 13 years in our old home, it took some time to adjust. It's amazing how much stuff you accumulate over the decades, and how long it takes to unpack everything! As we enter the new year, we're more than ready to get started. We're looking forward to a great 2018, where we can serve current and new clients even better than before, in a space more suited to accomplish what we do best.

-Joseph Miller

If you belong to a union or other labor-related group and want to schedule my presentation at your group's speaking arrangement, you can do so by calling 888-694-7994. The presentation is free of charge, offers important information for taking appropriate action in Virginia workers' compensation cases, and everyone in attendance gets a free copy of my book, "10 Traps and Lies that Can Ruin Your Virginia Workers Compensation Case." Education is the best way to protect yourself from making a mistake. So call now, before it's too late.

Want to See Better Report Cards in 2018?

Make Reading a Family Resolution

Every parent wants to see their child do well in school, and there's one fun activity that benefits students of all ages: reading. In a world with so much stimulation, however, it can be difficult to motivate kids to put down a screen and pick up a book. New Year's resolutions are the perfect opportunity to make reading a priority. Here are a few tips to make 2018 the year your kids become bookworms.

Make It a Family Resolution

There's no better motivator than solidarity! Plus, we're guessing everyone in your household could stand to read a little more. You don't have to read the same books or set identical goals, but it's a lot more fun when everyone participates. Schedule weekly reading discussions so everyone can share the cool stories they've read. Stack your completed books in your house somewhere as a monument to all the knowledge your family has gained.

Set Reward Milestones

Positive reinforcement will propel your kids to keep reading long after the calendars have turned. For a certain number of books completed or hours spent reading, offer them a prize. You can even create a big end goal to really cement those reading habits. Better yet, set a combined goal that the entire family can work toward. Don't be afraid to pull out all the stops. If your kids know that reading one book per week through June means an extra-special summer vacation, their enthusiasm won't wane come spring.

Use Reading Apps

Goodreads is a social network for bibliophiles. You can find recommendations, share ratings, and create lists of both completed and to-be-read books. Users also create reading lists

based on topic, genre, decade, and more. With over 2 billion books added, you'll never run out of inspiration. Biblionasium offers the same services, but it's designed specifically for children. Talk to other parents and create a network of friends and classmates. After all, nothing is cooler to a kid than what their friends are doing.

Avid readers tend to do better academically from kindergarten through college. In fact, a study from the Journal of Education and Practice found that reading comprehension predicted success in other subjects more than any other factor. If you want to see improved report cards, make a reading resolution for your entire household.

COULDA, WOULD, SHOULD

By Settling Her Car Accident Case, She Destroyed Her Comp Claim

From time to time, we feature unfortunate stories of folks who have called our office who, through no fault of their own, have made mistakes. Their faults have basically derailed and destroyed any possibility of maintaining a workers' compensation claim.

Our latest story comes from a young lady who was rear-ended in an automobile accident while on the job for her employer. She sustained fairly significant injuries, but as is common, the workers' compensation insurance carrier was giving her the runaround. Because the accident was the fault of the person who ran into her, the caller was also communicating with the insurance company for the defendant driver.

After some time, she became desperate for money. But rather than call a lawyer, she listened to the automobile insurance adjuster, whom she thought had her best interests at heart. She then settled the injury portion of her car accident claim for a very small sum of money.

Of course, over the course of the next month, her pain grew worse and she became more

desperate to obtain relief from the workers' compensation insurance company.

Finally, she called our office, and I was sadly the one to inform this young lady that she had waived all of her workers' compensation rights when she settled her personal injury claim without the knowledge or approval of the workers' compensation insurance company.

What I unfortunately had to explain to this poor lady is that the workers' compensation insurance company automatically has a lien on any third-party claims that she had against anyone else for her injuries from her accident. In this instance, that would have been the defendant driver.

The law is that you may not prejudice or negatively affect the workers' comp carrier's rights in relation to their lien by settling it without the workers' compensation insurance company's permission and approval of the settlement. If you do, you waive all rights to recover on your workers' compensation claim.

As I frequently explain in this column, if this young lady would have only called our office before acting on her own, we would have warned her that under no circumstances was she to settle her case against the driver. Besides being a bad idea at such an early stage of the case, by doing so, she waived any rights she had in her workers' comp claim.

Please do not make a mistake like this. If you have been in a car accident while on the job, do not settle your car accident case on your own with the car insurance company. You will be automatically destroying your comp claim. You must communicate any and all offers to the workers' comp insurance company and obtain approval, in writing, of any and all third-party settlements.

Better yet, call our office. We can help you make the best decision based on your particular situation.

Coulda, Woulda, Shoulda.

TESTIMONIAL

"I was directed to Joe Miller through a good attorney friend we knew in Va. My husband, George Clemons, had just got hurt on his job. Mr. Miller, Lisa, and Fatimah were who I mostly dealt with. They were very punctual, kind, and full of integrity. Joe Miller and his team really helped our family during a rough time in our lives. We are 100 percent satisfied with our case, which was won."

-Angel C.



FEEDBACK AND TESTIMONIALS

Joe's Monthly 'SOUL SNACKS'

Grant me the ability to be alone; may it be my custom to go outdoors each day among the trees and grasses — among all growing things — and there may I be alone and enter into prayer to talk with the one that I belong to.

-R. Nachman

It is a great mitzvah to be happy always.

-R. Nachman

Even if you can't sing well, sing. Sing to yourself.

-R. Nachman

Slow Cooker Raspberry White Hot Chocolate



Ingredients

- 1 cup white chocolate chips
- 14 ounces sweetened condensed milk
- 2 cups heavy cream, divided
- 3 cups milk (any variety will do)
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla
- 4 tablespoons raspberry liqueur or syrup

Directions

1. In a slow cooker, combine white chocolate chips, condensed milk, 1 cup cream, and milk. Cover and heat on low about 2 hours.
2. In a large bowl, mix remaining 1 cup cream, powdered sugar, and vanilla.
3. Using a hand or stand mixer, whip until stiff peaks form.
4. Serve mugs of hot chocolate with about 1 tablespoon of raspberry liqueur or syrup to taste and a dollop of whipped cream.

(Recipe inspired by SlowCookerGourmet.net.)