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The Heartwarming Tail of Terfel and Pwditat

Judy Godfrey-Brown of Holyhead, North Wales, was at a loss when her dog, Terfel, began to go blind. Suffering from severe cataracts, the 8-year-old Labrador mix could only distinguish light and dark. Unable to navigate his own home without bumping into furniture, Terfel confined himself to the safety of his sleeping basket, too frightened to leave even when Judy called his name. Unable to afford the surgery that would help restore Terfel's vision, Judy feared what kind of life her old friend would have. Little did she know help was on its way.

One evening, a small gray cat appeared at Judy's door, seeking shelter from the cold. When Judy let the stray inside, her fearless new houseguest approached the bedridden Terfel.

Judy watched in amazement as the cat used her paws to coax Terfel out of his basket, leading the dog into the backyard! Staying right beside the aging dog, the cat kept Terfel from bumping into anything, and the pair enjoyed a stroll around the garden before returning indoors. Judy named the newcomer Pwditat, pronounced "puddy tat,"

and since that night, the two have been inseparable.

Despite the old saying, "hate each other like cats and dogs," there are plenty of examples of canines and felines getting along swimmingly. The trick is to give your cat enough space and to make sure your dog knows the cat is not something to chase. But when it comes to Terfel and Pwditat, their story is truly one-of-a-kind.

"Pwditat immediately seemed to know that Terfel is blind through some sort of sixth sense that animals have," Judy said in an interview with Huffington Post. "They are glued to each other and even sleep together now."

It's clear both Terfel and Pwditat's lives were improved by their amazing bond. Anyone would be lucky to have a friendship like theirs!



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USE THE FORCE, GEORGE

THE BALANCE BETWEEN COMMITTING TO A VISION AND TAKING GOOD ADVICE

My dad was a hard man to impress, especially when it came to movies. If it wasn't the original Flash Gordon serials or an old war movie he grew up with, Dad wasn't interested in it. Then came "Star Wars."

In the summer of 1977, before George Lucas rereleased the movie as "Episode IV - A New Hope," I remember sitting in the movie theater with my dad. The Millennium Falcon soared across the screen, blasting down the Empire's Tie Fighters, when my dad looked at me and said, "Wow, this is some flick, huh?" From my dad, that was the highest compliment a movie could receive.

I have loved Star Wars since that first showing, and continue to be fascinated with both the movies themselves and what went on behind the scenes. Lucas had a strong vision, but there were a lot of people who insisted he was doing it all wrong. Just before "The Last Jedi" premiered, I watched a documentary about how Lucas was kicked out of the Directors Guild because of the opening crawl. Yes, that iconic opening crawl. Starting from "A long time ago in a galaxy far, far away..." and the sudden appearance of the words "Star Wars" as big as the screen, and simultaneously that sudden, gigantic, bombastic musical fanfare that almost knocks you out of your seat. As

you begin to recover from that, you begin to read the background story as it "crawls" upward against a massive star field.

Without that beginning to every Star Wars movie, it just wouldn't be Star Wars, would it?

But back before the release of "A New Hope," the Director's Guild wasn't a fan of the crawl. Because the intro did not include the standard credits sequence, the Guild told Lucas he would have to change it or pay a fine. Knowing he had something special, Lucas paid the fine, then quit the Guild. Today, audiences are still excited to watch that controversial crawl.

Of course, not every decision George Lucas made with the first Star Wars movie was perfect. The initial cut of "Star Wars" was full of extra scenes that went nowhere, and the ending fell flat. Lucas showed the first version of the film to his director friends, like Steven Spielberg and Brian De Palma. They advised him to go back to the drawing board. This is where Lucas' wife at the time, Marcia, stepped in to help with the editing. She re-ordered shots to build tension during the final Death Star scene, turning Luke and Han Solo into real heroes and leaving the audience cheering.



In my own life, I'm happy to have my own Spielberg and De Palma to lend me some advice. For the last couple of years, I have been very fortunate to belong to a "mastermind" group of very smart, successful, non-competing lawyers. We meet regularly and share ideas and think about fixing problems in our respective firms. Like George Lucas, sometimes it pays to get some advice and direction from folks you respect to keep you on track, avoid mistakes, and achieve the best results for your vision. It's a lot like being on the Jedi counsel. Well, maybe only a little...

May the Force be with you,

-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.

EDUCATION IN THE KITCHEN

What Your Child Can Learn From Baking

With Valentine's Day right around the corner, you're probably wracking your brain for the perfect recipe to bake for your loved one. There's nothing wrong with store-bought chocolate, but there's no topping the personal touch of some homemade baked goods. If you have kids, baking alongside them can be just as rewarding as enjoying the fruits of your labor. As an added bonus, baking is a hands-on opportunity where your child can learn all sorts of important concepts. Here is a short list of some of the educational lessons hiding in your kitchen.

Math

Baking is a numbers game. Just take a look at any recipe, and you'll recognize the importance of math in building a beautiful cake. Having children measure out ingredients helps them learn about fractions and ratios. You can also test your

kids by doubling or halving a recipe for multiplication and division practice. With older kids, practice unit conversions by asking, for example, how many pints are in half a gallon.

Following Directions

Not unlike computer science, baking requires a strict order of operations. The wet and dry ingredients often need to be mixed separately and then folded together. It only takes one deviation from the instructions for a pastry to go from delicious to disgusting. Spending time in the kitchen, then, is a great way for kids to learn the importance of reading directions carefully and comprehending what they've just read.

Cultural Understanding

Cuisine is a fundamental part of every culture. Introducing your child to dishes

from around the world will expand their horizons. Want your child to be a less picky eater? Involving them in the cooking process is the surest way to get them excited about trying new flavors and ingredients.

Nutrition

Now, you might not think that baking cookies will encourage greater nutritional awareness, but hear us out. Sugar is often buried within packaged foods. When you bake something at home, a child gets to see, firsthand, just how much sugar goes into certain sweets. Meanwhile, cooking savory dishes also allows them to learn what constitutes a balanced, healthy diet.

COULDA, WOULDNA, SHOULDA

In this column, we highlight situations in which we were forced to reject a case, or when we represented an injured worker who would be in a much better position if he or she had only contacted us earlier and not made a critical mistake.

In this instance, a woman we represent in a Virginia workers' compensation case was severely injured at work in the spring of 2017. She required surgery for her injuries, and the surgeon held her completely out of work until this past fall.

During the entire time she was being held completely out of work, this woman did not call an attorney. It was only when she was released by her physician to light duty that she began to worry and called our office and sought representation.

Unfortunately, because she waited until after her release to light

duty to call us, her case is now headed to a hearing. What's more, she is now required to engage in weekly job searches. We will have to present those job search logs at hearings as evidence that she has looked for work and been unable to find any jobs within her physical restrictions.

Had this woman hired us while she was still being held completely out of work, we would likely have been able to



obtain for her an award agreement. And by the time she was released to light duty, she would have been under an award for benefits. This would mean that there would be no need for a hearing, no weekly job searches would be required, and her checks would continue for up to 500 weeks or until she returned to pre-injury employment. In other words, we would be in a prime position to negotiate a potential settlement for her claim. While that may still happen, there are many more hoops to jump through.

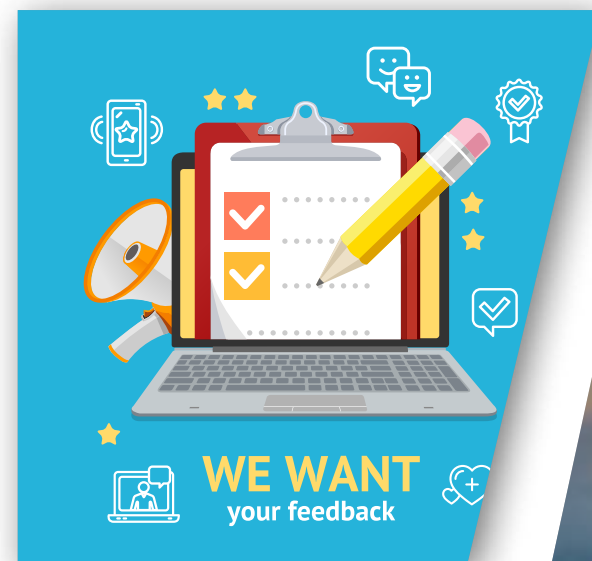
Failing to get under an award before being released to light duty by your doctor is one of the top three mistakes that injured workers make in their workers' compensation claims.

For the other two top mistakes, we invite you to check out our recent short report, now available for download at TheWorkInjuryCenter.com: "The Three Easiest Ways to Blow Your Virginia Workers' Compensation Case."

TESTIMONIAL

"Joe Miller Law is incredible. I had the pleasure of working with Joe Miller and Lisa Hancock. They worked on my workers' compensation case and resolved it in a very positive manner. I will not go into particulars, but my settlement was more than I was expecting, and the amount that I paid to Joe Miller was more than justified. At Joe Miller Law, they work their butts off for you, and they don't mail it in. They really care about you, and you can tell that when you talk to Joe and Lisa. I would highly recommend their services if you are in need of a workers' compensation lawyer. Listen to what Joe Miller tells you, and everything will work out!"

-Maxx Z.



Joe's Monthly 'SOUL SNACKS'

"Always wear a smile. The gift of life will then be yours to give."

-Nachman of Breslov

"Those who are pure of heart find new thoughts whenever they meditate."

-Nachman of Breslov

"The man who has led a good life will find many allies."

-Nachman of Breslov

Sweet and Zesty Detox Salad

Ingredients

For the Salad

3 cups chopped kale leaves
2 cups chopped broccoli florets
2 cups chopped red cabbage
1 cup matchstick carrots
1 cup chopped cilantro
1/2 cup toasted slivered almonds
1/3 cup sliced green onions
1 diced avocado

For the Dressing

1 large carrot, roughly chopped
1/4 cup rice wine vinegar
2 tablespoons olive oil
1 tablespoon finely chopped ginger
1 tablespoon honey
1 tablespoon white miso
1/2 teaspoon sesame oil
Salt and pepper, to taste

Directions

- To make the salad, add all ingredients to a large bowl; toss to combine.
- To make the dressing, add all ingredients to a blender or food processor. Pulse until smooth. Season to taste with salt and pepper or add extra honey for a sweeter taste.
- Drizzle dressing over salad and serve immediately.

(Recipe inspired by GimmeSomeOven.com.)