

888-694-7994



5500B GREENWICH RD  
VIRGINIA BEACH, VA  
23462

PRST STD  
US POSTAGE  
PAID  
BOISE, ID  
PERMIT 411

### Inside This Issue

A Real rock star Lawyer  
page 1

Sleep Great and Feel Better  
page 2

What Our Clients Are Saying  
page 2

Vacation and Workers' Comp  
page 3

Grilled Leg of Lamb  
page 3

The Women Behind Queen  
Diaries  
page 4



# NEWSLETTER

08 | 18

FOLLOW US



WWW.JOEMILLERINJURYLAW.COM | 888-694-7994

## LAWYER, FATHER ... ROCK STAR THE TIME I OPENED FOR AMERICA

During the summer between my second and third years of law school, I caught an America concert at The (now defunct) Boathouse in Norfolk. The thing is, I wasn't an audience member; I was the opening act. The venue was packed, and it was just my guitar and me up there on the stage. The lights went up and taking a deep breath, I hit the first note and heard the gut-wrenching sound of my first "low E" guitar string breaking. Uh-oh.

**"It was an unbelievable experience, one I would have never imagined when my cousin first taught me how to hold a guitar when I was 15."**



As I stood there with no music being played, the crowd was starting to get restless, and that could have very well been the end to the biggest gig of my life until that point. Fortunately, before the show, I'd done something I usually never did: I brought a spare guitar. My brother, who helped me out as roadie that night, (now also an attorney and an amazing drummer) quickly handed me his guitar, I plugged it in, and kept rolling. Pretty soon, I had the 3000-strong crowd back on my side. Meanwhile, one of the guys on the America crew kindly re-strung my guitar backstage, and I was able to finish my set playing my own guitar. In fact, buzzing off the energy of that packed house, it turned out to be an awesome show. It was an unbelievable experience, one I would have never imagined when my cousin first taught me how to hold a guitar when I was 15.

no one was around to hear me or in a school chorus with other people. That changed when we went up to visit some family in New York. My cousin Jamie knew how to play guitar at the time, and during the trip she taught me how to play four chords. I loved it so much that when we went back home, I got my own guitar and taught myself how to play.

I didn't take many formal lessons, but when you have a sense of rhythm, you can pick it up really fast. Turns out, I have pretty good rhythm. I really liked the fact that I could play guitar and sing at the same time. It wasn't long before I was playing in a band with some high school friends. Our band at one point was called "The Skid Marks." I'll admit I'm glad we didn't make it big under that title. We played a few gigs before I went away to college, where I would join another band, though that never got serious either. Surprisingly, my music career started to take off when I was in law school.

In my first year and during the summer after my first year in law school, I started booking gigs like crazy as a solo acoustic artist. Sometimes I had a gig in the afternoon and another one at night. Nothing outlandish, just different bars around Hampton Roads. I was not bad, I had a good set of cover songs I could bang out, and that became my summer job. Eventually, I got a phone call from a local booking agent called Cellar Door. They had heard me during the school year in Williamsburg and were impressed. They were the ones who booked me to open up for America, and later, Leon Russell at The Boathouse in downtown Norfolk. After my

**Continued on Page 2 ...**

**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.**

## CROWNING ACHIEVEMENT Indya Scott and the Empowering Queen Diaries



When a person cares, you can see it plainly in their words and actions. They go the extra mile to help those around them and strive to make the world a little better each day. At our office, we've been fortunate to build a team of individuals who truly care, not just about their job description, but about our clients who come in during their times of need. Many of them have such big hearts; their desires to help others extend beyond the walls of our office. A great example is our legal assistant, Indya Scott, who partnered with her friend, Ashli Eley, to found Queen Diaries.



Their organization is a dedicated sister's circle that provides effective, motivational, and empowering

leadership to encourage women of all kinds to embrace their self-worth, creativity, and ambition. A majority of Queen Diaries' interaction is conducted online through their Facebook group at Facebook.com/groups/QueenDiaries/, with over 1,000 members and growing. But this amazing group doesn't limit their support to the digital world; Indya and Ashli have found many opportunities to use the power of Queen Diaries to make a difference in our community.

Queen Diaries has organized supply drives for schools in the Hampton Roads area, hosted live shows, and participated in many networking events aimed at empowering women. And earlier this spring, Queen Diaries held their first event, Crowns Up Sip 'n' Paint. This was a classic paint and sip evening with a Queen Diaries twist. Members were able to engage with each other in person, enjoying some girl talk, playing games, networking, and creating their own crowned paintings. Crowns Up Sip 'n' Paint was an unforgettable event, and Queen Diaries has many more events to come this fall.

There are many ways to make the world a better place and support the people around us. We're proud to work with Indya Scott and are eager to see what she and Queen Diaries will do next.



# HOW TO ACHIEVE A MORE RESTFUL NIGHT'S SLEEP

A good night's sleep is one of the most important things you can do for your mind and body. One study published in the Journal of Psychosomatic Research found that the quality of your sleep is much more important than the quantity — that is, if you want to feel rested. And we all want to feel rested. So, what can you do to improve the quality of your sleep and get the rest you need?

**Listen to your body.** This, above all else, is crucial to a good night's sleep. Your body knows when it's time for bed. Generally, you want to go to bed when you feel tired, whether that's at 8 p.m. or 1 a.m. Whenever your body tells you it needs rest, you should make a habit of going to bed then. The more consistent you are, the better your sleep will be.

**Wake up naturally.** Jolting yourself awake with an alarm or radio isn't doing your brain and body any favors (it can be stressful on the body and even elevate blood pressure, which is not good first thing in the morning). If you do need an alarm, consider a wake-up light. Wake-up lights mimic the sunrise, slowly brightening the room, waking your body in a natural, gentle way.



**Kick the screen habit.** You've heard it before, and you'll hear it again: Looking at an electronic screen — a TV, computer, tablet, or smartphone — before bed is detrimental to sleep quality. Light from these devices is disruptive to your brain's suprachiasmatic nucleus (SCN), which helps regulate your circadian rhythm, and screen time before bed can throw off normal SCN function.

Put your excuses for staying up too late to bed. Say no to "one more episode." And all those emails? They can wait until tomorrow. Not getting enough quality sleep is harmful to your mental and physical health. When you get into the habit of following these three tips, you'll find yourself feeling rested and refreshed in no time.



## ... Cover article continued.

show opening for America, one of the higher ups at Cellar Door who had seen my America show called me, said he was blown away, and that he wanted to send me out on tour as a regular opening act for some other groups. The rock star future suddenly seemed within my grasp.

My dad was the one who firmly told me I needed to finish law school before I ran off across the U.S. on tour with my guitar. That's a real parent-type response, but he was right. I've met people who followed that path, some of whom are considered legends today, but with a few very famous exceptions, most who are my age in that world of music are now finding it difficult to make a living. And there's no way I would have ever found my wife or had my beautiful daughters if I was running around chasing that rock star life. Plus, we all know the phrase, "Sex, drugs, and rock & roll." Based on my bit of exposure to that world, I would say those things definitely tend to go together. And that's all I'll say about that.

So, I turned down the offer to tour, but I kept playing through law school and early into my legal career, joining other local bands such as Looks Money & Brains and Liquid, playing out in yet more local bars, and writing and recording my own music. I've played blues, hippie rock, new age, and a little bit of everything beyond. These days, I still keep my finger callouses up playing guitar and I still write and record, but I'm not playing gigs like I used to. It would be nice to get back into it, even if just on a limited basis. After working on legal issues with my left-brain, playing music lets me flex my right-brain and somehow, seems to help me think and just makes everything seem to flow better in life. It's relaxing and something I want to keep doing for the rest of my life.



*-Joseph Miller*

# STRESS IN PARADISE

## Can I Take a Vacation While on Workers' Comp?

As we enjoy the fading rays of summer, many people use this time to take one last trip before the fall chill rolls in. The occasional vacation is good for the mind and body, but if you're receiving workers' comp benefits, you may want to wait before hopping on that cruise ship. Taking a little time away can cost you if you aren't careful.

If you are receiving workers' comp benefits and have been required to see a physical therapist, orthopedic surgeon, or any other doctor or specialist, you **cannot** miss those appointments! You are required to make all appointments scheduled with your medical providers. Additionally, you can't reschedule your appointments



around your vacation time. Skipping or rescheduling appointments can be viewed as failure to comply with medical treatment and result in your benefits being stopped.

In addition to your medical appointments, you may also be required to look for 5-7 jobs a week. If you stop looking for jobs while on a week-long vacation, you forfeit your right to claim temporary total disability benefits for that week.

If you won't be missing any appointments and you can continue to search for jobs as required, then by all means, enjoy your trip! But keep in mind you are still being watched by the insurance company looking for any reason to deny your benefits. Be sure to adhere to your doctor's restrictions even when on vacation. Don't carry any heavy luggage if you've been put on light duty and avoid strenuous activities, like Jet-Skiing or parasailing, especially if your restrictions and medical condition state that you shouldn't be participating in such things.

Taking a vacation while receiving workers' comp benefits is complicated, and it's just a small part of what you have to think about in order to protect your benefits. Don't lose the financial help you deserve just because you don't know something. Reach out to your workers' compensation lawyer by calling 888-694-7994 and get the knowledge you need.

## Joe's Monthly 'SOUL SNACKS'

**"Now an infinite happiness cannot be purchased by any price less than that which is infinite in value: and infinity of merit can only result from a nature that is infinitely divine or perfect."**

*-Adam Clarke*

**"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."**

*-Ralph Waldo Emerson*

## Grilled Leg of Lamb

### Ingredients

- 1 4-5-pound boneless leg of lamb, not butterflied
- 1/4 cup extra virgin olive oil
- 8 cloves garlic, smashed and coarsely chopped
- 2 tablespoons fresh rosemary, minced
- Salt and pepper, to taste

### Directions

1. On a large cutting board, cut between the muscles on the leg of lamb to divide into 4 pieces, pulling apart with your fingers if need be.
2. In a mixing bowl, combine olive oil, garlic, and rosemary. Add lamb and toss to coat.
3. Heat grill to medium-high.
4. Season lamb with salt and pepper and grill until lamb reaches an internal temperature of 130 F (medium rare). Cook time will vary depending on size of lamb pieces. Let lamb rest, covered with tin foil, for 15 minutes. Slice thinly and serve.