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Inside This Issue

Find Your Grit
page 1

Find the Right Workout for You
page 2

What Some of Our Clients
Are Saying
page 2

The Art of Stargazing
page 3

Soul Snacks
page 3

Not Your Average Vacation
Lodgings
page 4



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TOUGH MUDDER, TOUGHER MAN

THE STORY OF AUSTIN TIGHE

This month, I want to share an amazing story. I've worked with many men and women who had to face insurmountable odds after a work-related accident. One of these people who I've had the privilege of working with is a man named Austin Tighe.

As I've mentioned in a previous issue of this newsletter, I met Austin shortly after he'd suffered a terrible accident. Austin worked as a tree cutter, loading branches into the chipper shredder. One day his foot got caught in a branch, and he was pulled in. It was the stuff of nightmares. By the time the other guys got the machine off and pulled Austin out, he'd lost almost his entire right leg.

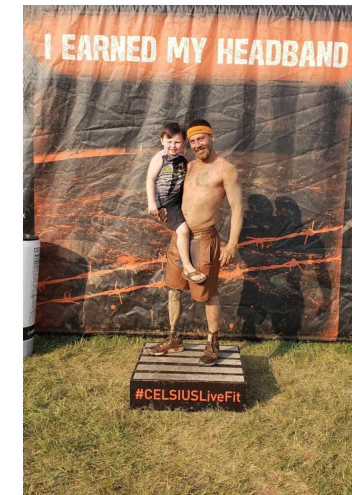
To say Austin had it rough would be a gross understatement. We handle some rough cases, but Austin's injury was as bad as it gets. He needed skin grafts, a lot of operations, physical rehab, therapy, and years of recovery. In the beginning, it looked like there was no hope. Austin didn't know what he would do with his life after losing his leg. Meanwhile, his boss was trying to claim that Austin had been a subcontractor to get out of taking care of him. Turns out, the boss didn't have workers' comp insurance. To make matters even worse, Austin suffered some hard personal losses shortly after the accident. I was really worried about him, but Austin showed his grit from day one.

Austin once told me that during his accident, missing a leg and losing blood fast, he could feel his life slipping away. He knew if he didn't

stop the bleeding, he was going to die. Despite his horrific injuries, Austin had the presence of mind to borrow a belt from a co-worker and wrapped it tightly around his leg before he passed out. The doctors later said he saved his own life.

This kind of grit is what helped Austin get through even the darkest of days. It wasn't easy, and some days he wanted to give up, but Austin found that place inside himself to go forward and push through. We got an award for his checks, and today he has a great prosthetic leg that's designed to help him do just about anything. Austin proved how tough he and his prosthetic are last June by running the Tough Mudder Virginia 2019.

The Tough Mudder is this wild 10-mile race covered in mud and obstacles. It's an intense experience, built around endurance and teamwork. This race pits you against yourself, not other racers. The idea is to see what you're really made of and finish stronger than you started. Austin has proved, a dozen times over, what kind of strength he's made of.



When you look at the picture of him holding his son after crossing the finish line, you'd never imagine this man had been close to giving up hope in a hospital just three years ago. He has plans to start his own business, run more races, and live his life.

I was really glad when Austin gave me permission to share his story. He's a very inspiring person. Right now, we could all use a little more inspiration in our lives, to remember that we can find that strength inside ourselves to get through the darkest of days.

-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 888-667-8295. 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. Call now, before it's too late.



When Airbnb was founded a little over a decade ago, the developers hoped to provide an alternative to traditional travel accommodations. Today, with annual revenue in the billions, the service is an industry unto itself. While most people use Airbnb to "live like a local" while traveling, you can find some truly wacky lodging options if you spend some time searching the platform. Here are just a few of the many contenders for the title of "Weirdest Airbnb in the U.S." For ease of searching, the listings here have the same titles as they do on Airbnb.

Brand New Studio Earthship Taos, New Mexico

Earthships, houses run by clean energy and featuring reused materials, are a fixture of the Taos area. This one, which looks almost like a crashing wave with a living space in its undertow, combines

America's Weirdest Airbnbs THIS AIN'T MOTEL 6!

the rustic charm of truly getting away from it all with modern amenities like Wi-Fi and in-home laundry. It's a truly unique living space surrounded by pristine nature and not far from the historic Taos Pueblo.

ManCave Apartment/Airplane Hangar Geneva, Florida

Airbnb super hosts Dan and Deborah have no shortage of quirky properties for rent — including yurts and treehouses — but their apartment fashioned out of an airplane hangar surely takes the cake. You'd be forgiven for thinking it was a theme restaurant featuring eclectic aviation. Memorabilia lines the walls with a bar front and center, and the bed is in a loft high above the ground.

Dog Bark Park Inn B&B Cottonwood, Idaho

As you approach the Dog Bark Park Inn, you won't have to guess if you're in the right place. After all, how many buildings are shaped like beagles? When describing the space on Airbnb, the hosts make no bones about who this rental is aimed for. "Stay in a giant dog!" they say. In addition to being inside a massive wooden dog, you'll find canine-themed games, books, and more. Talk about ruffing it.

Sweat Smart

WHICH WORKOUT WILL HELP YOU MEET YOUR GOALS?

With hot yoga, barre, Pilates, weightlifting, kickboxing, and more, personal fitness companies offer every workout you need to stay in shape. But sometimes, having dozens of choices can be more anxiety-inducing than having just a few. When it comes to finding the right workout to help you reach your goal, whether it's weight loss, better balance, or more muscle, it's best to seek advice from the experts.

Drop It Like a Pound

When it comes to weight loss, full-body workouts, like swimming, running, and cycling, are the most effective. "The more muscles you have to incorporate, the more calories you're going to burn because those muscles all require energy in order to work," Nike Master Trainer Holly Rilinger told SELF magazine. Regardless of the activity you choose, Rilinger recommends interval training as the best method. By combining bursts of intense effort with periods of active rest, you can keep your heart rate jumping and those calories burning.

Wax On, Wax Off

The words "balance" and "workout" are generally associated with yoga, and while it's true that yogis are champions of standing on one foot, so are martial artists. According to an article published by the martial arts academy chain Evolve MMA, "Martial arts works out the entire body, from the base, to the upper torso, to the all-important core ... Practicing martial arts will improve your balance, which then, of course, improves the quality of your life." By incorporating martial arts and yoga into your workout regimen, you'll be able to perform impressive party tricks and stay on your feet if you lose your balance.



Do You Even Lift, Bro?

For building muscle and increasing your strength, nothing beats weightlifting, whether you're using dumbbells at home or machines at the gym. Lifting weights also helps burn fat. Speaking with SELF, Rilinger called the practice "the mother of all weight loss techniques, the highest in the workout food chain, the top of the totem pole."

Of course, the most important thing to consider when choosing a workout is whether you enjoy it enough to squeeze it into your schedule. If you resent every drop of sweat, it will undoubtedly take you longer to reach your goal than if you look forward to the challenge.

The Art of Stargazing

Helping Humans Slow Down and Look Up

Modern humans are stuck in a routine of expected and constant industriousness. But with all this rushing, people often drag themselves home at night with no energy left to enjoy the most splendid show nature has to offer: the wondrous night sky.

Most people go through life looking straight ahead, but if they would stop and peer skyward, they'd bear witness to a massive, unexplored frontier made up of the moon in its all phases; burning stars sailing through the sky; constellations with epic origin stories; and meteor showers bright enough to warrant sunglasses. If you're looking for a hobby to help you slow down and appreciate the world around you, stargazing is a great option. Here are some tips to get you started.

1. The Higher, the Better If you're a city dweller, meander a little way out of town or try to find a tall building to keep the light pollution to a minimum.

2. Extra Set of Eyes While novice stargazers often want to immediately throw their money at a new telescope, astronomy experts recommend starting with binoculars instead. You'll need to

identify several anchor planets or constellations to help you navigate the sky before using a telescope.

3. Utilize Assets Put your phone to good use by downloading apps like Stellarium, Starwalk, and Google Sky Map. Each of these apps offers a unique benefit for aspiring stargazers. For example, Starwalk lets you point your phone at the sky to see stars, constellations, and planets in real time based on your location.

4. Mark Your Calendar In 1972, beloved singer-songwriter John Denver wrote about a meteor shower he witnessed during a camping trip in Colorado. He describes the scene by singing, "I've seen it raining fire in the sky." The "fire" he recounted was actually the Perseids meteor shower, the most recognized shower on Earth. This astrological wonder takes place every year from July 17 to Aug. 24. During this time, viewers should be able to see shooting stars associated with the Perseids, but the shower reaches its maximum rate of activity on Aug. 12-13 this year. Grab some friends and family, and head outdoors to put your newfound stargazing knowledge to work.

Our Clients Say It Best



"I was involved in a cycling accident, and they took care of everything. I was awarded the max amount from the other person's insurance. Other than a mix-up in my email address, I'm happy with the service provided and would use them again (hopefully, I won't have to!)."

-Clinton Young



Joe's Monthly 'SOUL SNACKS'

"Negative emotions indicate spiritual malnutrition."

-R.L. Brody

"If you live it, you can give it."

-R.L. Brody



If you are tired and not in the mood to make this yourself, I highly recommend dropping in to see my good friends at

Mr. Shawarma at 727 W 21st St, Norfolk, VA. The food is absolutely amazing!



Chicken Shawarma

Ingredients

- 2 pounds boneless, skinless chicken thighs
- Juice of 2 lemons
- 1/2 cup plus 1 tbsp olive oil
- 6 cloves garlic, minced
- 1 tsp kosher salt
- 2 tsp freshly ground black pepper
- 2 tsp cumin
- 2 tsp paprika
- 1/2 tsp turmeric
- Crushed red pepper flakes, to taste
- 1 large red onion, peeled and quartered
- 2 tbsp fresh parsley, for garnish

Directions

1. In a large mixing bowl, combine lemon juice, 1/2 cup oil, garlic, salt, pepper, cumin, paprika, turmeric, and crushed red pepper. Whisk together, then marinate chicken in mixture and cover and refrigerate for 1-12 hours.
2. Heat oven to 425 F. Place onion in chicken marinade, tossing to coat. Spread onion and chicken on a baking sheet lined with the remaining olive oil.
3. Roast for 30-40 minutes. Remove from oven, let sit for 2 minutes, and slice chicken into bite-sized pieces.
4. Garnish with parsley and serve.