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Have you or a loved one become seriously ill from exposure to COVID-19 on the job? We are currently accepting COVID-19 cases of workers employed in certain occupations where currently proposed laws in both Virginia and North Carolina would classify COVID-19 illness as an occupational disease.



Explore a National Forest for Free On National Get Outdoors Day

Many people in the U.S. and across the world have a national park trip on their travel bucket list. While Zion, Yellowstone, and the Great Smoky Mountains are all awesome locales, outdoor enthusiasts often overlook a resource that is less busy, less expensive, and usually right in their backyard: national forests.



All but 10 states have a national forest (or more than one!), so if your home state doesn't have one, it's very likely a neighboring state does! And there's no better time to hike, bike, forage for mushrooms or berries, or camp at a nearby national forest than this month. The tree-filled landscape will provide shade and help you beat the summer heat, and to further incentivize visitors, the U.S. Forest Service (the organization that oversees the national forests) is offering a fee-free day on Saturday, June 12, in honor of National Get Outdoors Day!

While parking and day-use fees to access national forests tend to be relatively modest, fee-free days open up the opportunity to all visitors. The U.S. Forest Service has a great interactive map tool that prospective park-goers can use to learn more about the forests in their area, amenities and activities, and accessibility. Visit [FS.fed.us/ivm](https://fs.fed.us/ivm) to access the map and see what's near your hometown!

If you're dreaming up travel plans beyond your state's border, consider visiting these notable U.S. national forests.

- **El Yunque National Forest:** Located in Puerto Rico, El Yunque is the only tropical rainforest in the United States.
- **Tongass National Forest:** Spanning 16.7 acres and several islands across Southeast Alaska, the Tongass is the country's largest national forest.
- **Salmon-Challis National Forest:** This Idaho forest is the largest contiguous wilderness area in the lower 48 and contains the Frank Church-River of No Return Wilderness.
- **Cibola National Forest and Grassland:** Spread across north-central New Mexico, west Texas, and Oklahoma, this forest and grassland area is notable for its diverse ecosystems and wildlife. The Sky Islands portion of the park is also home to over 200 rare plant and animal species.



NEWSLETTER

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A HOBBY THAT STRIKES A CHORD

Joe Talks About a New Band He's In

I've talked a bit before about being a musician, so you may know that I love to sing, play guitar, and write music. What you probably don't know is that I'm in a band with my brother, (Dan Miller, also an attorney) called Jane Doe, Jr. The band name is subject to change because naming a new band is harder than you might think, but this one is definitely better than my high school band name: The Skidmarks!

The last year has been difficult for most of us, and I've noticed how much of a stress reliever getting to practice with my brother and bandmates each week has been, not to mention a generally fun time. He's a lawyer, too, but he focuses on criminal and traffic law, which is great because we'd kill each other if we were in practice together. But at band practice, we get along great. He's a spectacular drummer, and we make some awesome music with the other members of our band.

Though our weekly practices are a much-needed release for me, I am excited to see the opportunities to do gigs slowly come back. We're hoping to do a few starting this summer, which is perfectly timed with World Music Day, celebrated on June 21. There's nothing like playing in front of an audience. The band feeds off the crowd's energy, and the crowd feeds off the band's. It's a really magical feedback loop, and it's the reason people — myself included — love playing live. It's a fun experience. I know many of us, whether we play or listen, are eager to get back to live shows.

I do write some original songs, and we'll see if any of those make it on our setlist this summer. I usually start with the music, then the lyrics come later. Writing songs is a good way to try to capture the deeper feelings and struggles that we all experience in life. It's also a good way for me to use my brain in a really different way than I do at work every day. While it might not seem like playing music in my spare time would influence my work life, I find that it has a really positive impact, albeit one that's hard to explain!

I find that when I'm playing music regularly outside of work, things flow better when I'm at work, too. Maybe that's part of the brain

staying balanced and healthy. Whatever is at work behind it, I bet you've experienced something similar if you have a creative or artistic pursuit hobby. In fact, that's one of the big reasons I'd recommend everyone have a hobby like that outside of their daily grind. It really enriches your life, increases your overall sense of satisfaction, and helps you to be more laid back. At least that's the case with me!



When it comes to music, I like songs from many different genres. I'll practice an Amy Winehouse song, a tune from the Grateful Dead, and a track from the Avett Brothers all in the same set. My band has its own sound, and it's fun to improvise and experiment with songs in different genres and put our own stamp on them. Other favorites, in terms of covering other bands, are Pink Floyd, Little Feat, and

Neil Young. I know Gen X may not be familiar with some of those names, but I find it exciting and rewarding to introduce young people to the amazing music I know many of us grew up with. We also have a female singer who recently joined, Sammi, and her amazing vocal range and lovely voice gives us more flexibility in terms of the music we can choose to play. It also helps that she's a cutie!

(Who wants to stare at an old geezer like me all night anyway?)

But seriously, music really has the power to shift our moods, and that might be even more true when you're playing it. Though there were some dark times last year, I am thankful that one outcome was that my brother and I said, "Let's play some music." Feeling that need to create and find safe ways to socialize really fueled what's now become a satisfying pastime.

I hope to see you at a show soon. We should have some type of link up soon at the domain www.JaneDoeJr.com that you can check for more information about upcoming shows and band news.

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.

ARE GROCERY SUBSCRIPTION BOXES WORTH IT?



June is National Fresh Fruit and Vegetables Month, so let's explore one popular way to get more fresh produce into our lives: subscription-based delivery services like Full Circle and Imperfect Food. Are these services actually worth it? Do they save money and provide what they promise? Here's what the research turned up.

Can they save you time?

The Verdict: Yes, without a doubt. Subscription-based grocery delivery services appeal to consumers because they save time. With somebody else doing your grocery shopping, you don't have to think about when you're making a trip to the grocery store this week. Someone else is doing it for you!

Plus, some services even offer meal kits if you can't decide what to make. There's no argument here — these services definitely save you time.

Can they save you money?

The Verdict: Sometimes, since it depends on your existing shopping habits. If you find yourself making impulsive purchases while strolling down the aisles at the grocery store, then a set (but customizable)

weekly list of delivered groceries might be a great way to stick to your budget. Unfortunately, not many grocery subscription-box delivery services offer nonfood items like toilet paper or cleaning products, so you may still have to make a trip to the store every once in a while.

Is the food quality great?

The Verdict: Yes, but it depends on your area. You have a higher chance of getting better grocery items if you buy from an organic grocery box service, like Imperfect Foods or Farm Fresh to You, since these companies work closely with your local farms.

Keep in mind that some services, like Imperfect Foods, are designed to deliver fresh foods that are a little "imperfect" in size, shape, or color to help prevent food waste — but, as a benefit, it's more affordable! However, we've found some services, like Full Circle, will prepackage their boxes from warehouses that may not be local to you, so do a little research before picking one.

All in all, we've been pleasantly surprised to find that these boxes aren't such a bad idea. Consider looking into it if you're tired of the weekly grocery store time crunch!

The Super Benefits of Yoga

June 21 is International Yoga Day, which makes it a great time of year to talk about the unique benefits of yoga — the "superfood" of fitness. As a mixture of exercise and mindfulness, yoga is not only challenging but also has myriad health benefits.

Many people assume yoga is mainly useful for increasing your flexibility. However, it's also excellent for further developing your strength, mobility, and balance. These can be key benefits for living a healthier lifestyle, whether you're an athlete or concerned about aging.

Kaitlyn Hochart, a yoga instructor from San Diego, California, writes on Healthline, "During yoga, your body goes through a full range and variety of motion that can counteract aches and pains associated with tension or poor postural habits." Yoga can help you become more aware of these habits, "[allowing] you to fix these imbalances and improve overall athleticism."

Many forms of exercise are useful against depression and cardiovascular disease, but in yoga's case, you don't have to break a sweat to start benefiting from its stress-relieving properties. "The breathing exercises you practice during yoga can help lower your heart rate and shift your nervous system into a more relaxed state. It also promotes better sleep and increased focus," Hochart writes.

Multiple studies agree: Yoga can significantly decrease the secretion of cortisol, the primary stress hormone. In one study, 64 women with post-traumatic stress disorder (PTSD) participated in a 10-week program, performing yoga at least once a week. By the end of the 10 weeks, 52% of participants no longer met the criteria for PTSD at all.

As with starting any new hobby or regular exercise, it may help to set clear goals for yourself. By doing yoga regularly, there are several physical improvements you can look forward to, such as:

- Improved range of motion or ease of movement
- A reduction in pain, discomfort, or other symptoms
- An increase in physical strength and endurance
- Less weight fluctuation
- Changes in the way your clothes fit
- Better-quality sleeping habits and increased or stabilized energy levels

One of the best qualities of yoga is that you can be of any age or fitness level. So, pull up a YouTube video, find a soft surface, and give it a try!

Our Clients Say It Best

"I called the office of Joe Miller about a trip and fall at work, and they took my call and answered my questions with speed and professionalism. I also requested a workers' comp package that was sent to me by mail. It is packed with important information that will be of great benefit to me and those I share it with. This attorney and the supporting staff really know their business and are very professional. You will be in good hands here, and I highly recommend them. I wish to thank them for their attention to my case."

-Robert Hazelwood



Joe's Monthly 'SOUL SNACKS'

"A bird is safe in it's nest, but that's not what it's wings are made for."

-Daniel Agalar



Iced Green Tea, 2 Ways

Ingredients

- 2 tbsp loose-leaf green tea
- 4 cups filtered water, divided
- 1 handful fresh mint leaves
- 1 inch fresh ginger, cut into coins
- Option 1: Rose and Coriander
 - 1 tbsp dried rose petals
 - 1 tbsp whole coriander seeds
- Option 2: Ginger Mint

Directions

For Rose and Coriander Tea:

1. In a large pitcher, place green tea, rose petals, and coriander seeds.
2. Bring 1/2 cup water to just below boiling.
3. Pour hot water over tea leaves, petals, and seeds. Let steep for 10 seconds, then add the remaining 3 1/2 cups water.
4. Refrigerate 4-8 hours until tea reaches your desired strength. Strain and serve over ice.

For Ginger Mint Tea:

1. Follow the instructions above, substituting the mint leaves and ginger coins for the rose petals and coriander seeds.

Inspired by 101Cookbooks.com