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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 new laws in Virginia and proposed laws in North Carolina cover workers who contracted COVID-19 in those occupations.**



## THE STREET VET SAVING THE LIVES OF HOMELESS INDIVIDUALS' PETS

Veterinarian and animal advocate Dr. Kwane Stewart, known in his docuseries as “The Street Vet,” has his own veterinary practice in Modesto, California, but still makes a point to help the pets of the homeless population in town for free. He began this selfless act of heroism in 2011 after the Great Recession hit and has since helped well over 400 animals, even tending to a Burmese python at one point!

About 25% of Modesto’s homeless population own a pet, and back in 2011, Dr. Stewart noticed that many needed medical attention. This tugged at his heart strings. Knowing that many would come for free pet medical attention if he set up a table near a soup kitchen, Dr. Stewart jumped at the opportunity. What he thought would be a one-time event eventually turned into a regular act of heroism.

Now, Dr. Stewart has the ability to step in and save the day for both the pet and owner at no cost. Dr. Stewart has found that the bond between homeless individuals and their pets is unlike any that he sees in his office. “Keep in mind that they are with their pet every minute of every day,” he says. “That’s not the case with most of us.” He notes that seeing these special pet patients makes him feel as if he has a superpower. Dr. Stewart recalls that growing up, he wanted to be either a vet or Batman, and now, he gets the best of both worlds!

Dr. Stewart often spends his spare time wandering the streets in search of pets that need his help, offering free vaccinations and medical care. He notes that the homeless population is just like us, but they have fallen on hard times, and their pets are their companions and lifelines. In helping the pets, Dr. Stewart builds a special bond with their owners. To be able to make a difference in the lives of sweet, innocent animals and their owners is the most rewarding type of work — the dream job Dr. Stewart could have never even conjured up before he selflessly started living it.



## NEWSLETTER

01/02 2022

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## Feeling the Post-Holiday Blues? These 2 Nerdy Space Facts Keep My Spirits Up

When I was a younger man, I made a big mistake: I ignored my genetic code and ran hundreds of miles on knees destined to fail. A few years back, that decision led to a partial knee replacement. Then last fall, I went in for round two. Surgeons cut away my bones and swapped them with a mix of metals, plastics, and polymers. I’m basically a robot!

These last few months of recovery gave me a deeper appreciation for the uphill battle my clients face. I’ve always sympathized with their injuries, but now, I can empathize with the frustration, confusion, and pain. And I’m one of the lucky ones! I don’t have to use a cane, and I get around pretty well on my feet.



*“The idea that we might one day discover a species on another planet, mine our minerals from asteroids, or colonize Mars makes me excited to be alive.”*

An injury makes it easy to become a pessimist, especially during a pandemic. Once or twice when my knee was really hurting, I caught myself wondering, “What is there to look forward to?” So I turned to something that always gets me excited: space! There are big things on the horizon in space exploration right now, including these two.

1. **The James Webb Space Telescope is poised to launch.** As I write this, the James Webb Space Telescope (JWST) is set to leave Earth on an Ariane 5 rocket in a few days. It is a journey more than 10 years and \$1 billion in the making! When the telescope launches, it will help us see 100 times further into space than we’ve ever seen before. We’ll encounter planets, asteroids, and stars that are just blurs on the edges of the known universe and other things we can’t even imagine.

By the time you read this, the JWST might be in orbit. I can’t wait to watch it unfurl its delicate 21-foot solar array. I’ll be biting my nails the whole time. Even if the launch fails, it’s thrilling we’ll eventually see it happen.

2. **SpaceX’s Starship is about to go up!** After the JWST, the next launch on my watch list is SpaceX’s Starship, a combination of the Super Heavy rocket and Starship spacecraft. It’s a giant ship that is 33.7 feet longer than a football field. SpaceX founder Elon Musk — who I think is a visionary — claims one day, it could carry 100 people at a time to colonies on Mars!

It’s hard to believe that something that big can even get off the ground, but if Musk’s plan works, it will be able to reach Mars and return to Earth in nine months, ready to refuel and go again like a regular plane. Instead of burning up in the atmosphere, the Super Heavy booster will fall back to Earth and land safely in the metal arms of the “Mechazilla” launch tower. Incredible right? It could go up as early as this month.

These two launches are just the beginning, the tip of the space iceberg. I’m still not over the fact that NASA’s Kepler Space Telescope discovered planets with the potential to support life in 2014. These planets orbit stars like our sun and fall into the “habitable zone,” where it’s not too hot or too cold for Earth-style organisms to live, and at least one of them (K2-18b) has water on it.

I’m a huge science nerd at heart. The idea that we might one day discover a species on another planet, mine our minerals from asteroids, or colonize Mars makes me excited to be alive. If a guy like me can get a robotic knee in 2021 — something impossible just 55 years ago — who knows what other innovations are on the horizon.

What nerdy facts get *you* out of bed in the morning? I’d love to hear them! Let me know the next time I see you or send me an email at [JMiller@JoeMillerInjuryLaw.com](mailto:JMiller@JoeMillerInjuryLaw.com).

*-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.**



# Bringing Back a Lost Art

## YOUR GUIDE TO WRITING A THANK-YOU NOTE

A 2019 survey by Ask Your Target Market showed 80% of respondents appreciate receiving thank-you notes — but only 22% of respondents report regularly sending them. That’s a pretty big discrepancy.

During the holiday season, you probably received several gifts and may have been hosted at a family member’s house, so now is the perfect time to revive the dying art of the thank-you note. If it’s been a while since you last wrote one, fear not. Here’s everything you need to know to get started.

**Know When a Note Is Needed.** You should strongly consider sending a thank-you note any time you receive a gift, but they are particularly expected after big events like weddings or showers. It’s also good form to send a note whenever someone has done you a big favor or hosted you at their house. Professionally, thank-you notes should always be sent after job interviews. Notes should be sent as soon as possible, ideally within one month of the gift or event.

**Use Paper.** It may seem old-fashioned, but that’s exactly what makes it special. In fact, the Ask Your Target Market survey found that 72% of respondents thought handwritten notes were more meaningful than electronic ones. Even if your handwriting is

messy, your recipients will appreciate the personal touch. Exceptions apply for thank-you notes sent after job interviews — due to time sensitivity, these are best sent via email.

**Be Specific.** Especially when you’ve got a large stack to get through, it’s pretty tempting to write the same note over and over again, changing only the salutation. Don’t give in! While it’s fine to have a template, recipients will recognize when the note you sent them is generic. Be sure to mention exactly what you’re thankful for (not just “the gift”) or how you plan to use the gift.

Now, you’re ready to let people know how much you appreciate them in a way that’s both simple and classic. Your family, friends, and colleagues will be impressed, and who knows, you just might start a trend.



January is National Hobby Month, and since it falls at the beginning of the year, it’s the perfect time to try something new! Hobbies add variety to your life and ensure you aren’t just living to work, so to speak. The best way to find a hobby you enjoy is to be open to new things. Whether it’s gardening, reading, drawing, running, fishing, crafting, or even beekeeping, finding an activity you enjoy is important. Here’s why!

**Hobbies are stress relievers.** Hobbies offer a healthy escape from your busy lifestyle by keeping you engaged in something you find pleasure in. Instead of just relaxing on the couch and turning off your mind for a bit (which is totally acceptable sometimes), hobbies allow you to remain mentally productive while winding down at the same time.

**Hobbies also provide eustress.** Believe it or not, one type of stress is deemed beneficial: eustress. If you aren’t overly stressed and are feeling a little under-stimulated, a hobby can provide activity for both your

# SKILLS THAT ENRICH US

## The Importance of Having a Hobby

mind and body to keep you feeling excited about life and ready to take on new challenges and adventures.

**Hobbies offer a social outlet.** Some hobbies involve group activities, such as bowling, sports teams, book clubs, and even wine tasting. Connecting with others offers the social support humans depend on to lead a healthy and fruitful life. Who knows? Maybe you’ll find some great friends who share the same passions as you!

**Hobbies develop patience.** When you take on a new hobby, you are tasked with learning something new. Whether you’re practicing a new instrument, learning a different language, or figuring out how to make jewelry, a learning curve is involved. Building new skills takes patience, a very important attribute for success.

Finding a hobby that suits you may take some exploration and trial and error, but it is all in good fun! Make it your goal to try something new or learn a new skill each month until you find something that sticks. Once you do, you’re sure to find that hobbies are both enjoyable and enriching!

# OUR CLIENTS SAY IT BEST

“I want to start off thanking the office of Joe Miller, more specifically, Andrew and Mr. Miller.

I had a work-related injury and the first thing I did was start searching for a reputable attorney. I had reached out to multiple offices and Joe Miller’s office was the first to respond.

I had the absolute pleasure of speaking with the intake coordinator, Andrew. Andrew took the time to not only answer my questions, but took notes about the specifics of my case. Andrew and Mr. Miller spoke to me honestly and provided me the resources I needed for my specific case.

I sincerely appreciate their effort they provided in assisting me and I highly recommend this office.”

-ROXY N.



## Joe’s Monthly ‘SOUL SNACKS’

“Nothing is impossible. The biggest wall we need to climb is the one we build in our own minds.”

-Daniel Agalar

# Chicken With Lemon Herb Sauce

Healthy eating doesn’t have to be bland with this citrusy chicken!

### Ingredients

- 1/3 cup and 2 tbsp olive oil, divided
- 4 boneless chicken breasts
- 1 clove of garlic, minced
- 1/4 tsp salt
- 1/2 cup parsley, chopped
- 1/3 cup mint, chopped
- 1 1/2 tsp pepper
- 1 lemon, for juice and zest

### Directions

1. Preheat oven to 450 F.
2. In a large ovenproof skillet, heat 2 tbsp olive oil.
3. Season chicken with salt and pepper if desired and sear it in the skillet for 3 minutes on each side. Bake chicken until its internal temperature is 165 F.
4. In a blender, add 1/3 cup olive oil, garlic, salt, parsley, mint, pepper, and lemon zest and juice and blend ingredients until coarsely mixed.
5. Top chicken with sauce and serve!



Inspired by FoodNetwork.com