

888-667-8295

## Inside This Issue

The Tragic Fire *Everyone*  
Should Know About  
page 1

Welcome Spring With  
Open Arms  
page 2

Our Clients Say It Best  
page 2

Are You Eating a  
Nightmare-Inducing  
Snack?  
page 3

Soul Snacks  
page 3

One-Pan Chicken Tacos  
page 3

The Ketchup Pill Craze  
page 4



5500B GREENWICH RD.  
VIRGINIA BEACH, VA  
23462

PRST STD  
US POSTAGE  
PAID  
BOISE, ID  
PERMIT 411



**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.**



## NOT JUST A CONDIMENT KETCHUP ONCE CURED ALL

If you have a belly ache, one of the last things you're likely to reach for is the ketchup bottle. But did you know that ketchup was once utilized as a cure for indigestion?

In 1834, Dr. John Cook Bennett came up with a recipe for tomato ketchup that he advertised as a cure for indigestion, jaundice, diarrhea, and rheumatism, according to his research. The ketchup was even packed into pills and his research made its way into well-respected American newspapers. Before this, many Americans were under the impression that tomatoes were poisonous and avoided them like the plague. According to the Smithsonian magazine, in the 1700s, Europeans thought tomatoes were poisonous apples.

Entrepreneur Alexander Miles discovered Bennett's research and partnered with Bennett, calling the ketchup pill "extract of tomato." The craze over the ketchup pills grew, and many other entrepreneurs began creating their own versions of the "extract of tomato" pills. Some versions didn't contain any tomatoes at all and, instead, were filled with laxatives. Americans began believing these ketchup pills were the key to ultimate health.

Scientists then began to look into Bennett's research claims, and just when wild claims surfaced that the pills could even cure scurvy, a

disease caused by a deficiency in vitamin C, and broken bones, the claims were dispelled and the ketchup pill craze died down by 1850.

Modern research today shows that tomatoes contain the antioxidant lycopene, which is linked to reducing the risk of cancer and heart disease. They also are abundant sources of potassium, vitamin C, vitamin K, and folate. While Bennett's research was exponentially exaggerated, we can say it wasn't completely inaccurate.

Today, Heinz, the leader in the ketchup industry, sells 11 billion single-serve packets and over 650 million bottles annually.

So, would you like a ketchup pill with those fries?



# NEWSLETTER

03/04 2022

FOLLOW US



WWW.JOEMILLERINJURYLAW.COM | 888-667-8295

## TRAGEDY SPARKS NEW ERA BETTER CONDITIONS FOR U.S. WORKERS!

Almost exactly 103 years ago, a couple in New York City stood on the ninth floor of a burning building. Flames filled the factory, and they had no hope of escape. So they shared one last kiss in the smoke — and then they jumped.

We know about that horrifying scene thanks to William Shepherd, who saw the famous Triangle Shirtwaist Factory fire of 1911 up close. The disaster was absolutely terrible: 146 workers died and 78 more were injured in the blaze. Most of them were teenage girls. They didn't speak English and were stuck working in what was basically a sweatshop with locked doors. When the fire broke out, they were trapped in the building. It makes me feel sick to think about it.

At the time of the Triangle Shirtwaist Fire, there was no workers' compensation legislation in New York City. Two statues were suggested in 1910, but a New York judge actually ruled one unconstitutional in 1911 — just *one day* before the fire. That meant the victims and their families had almost no legal path to justice.

The owners of the Triangle Shirtwaist Factory were indicted, but the jury let them off the hook. Later, victims and their families brought 23 separate civil suits against the pair. Three years after the fire, they settled those lawsuits and paid each family that had lost someone in the fire \$75 — about \$2,000 today. How ridiculous is that?

A payout that small would never fly in 2022, partly *because of* the people who died in March 1911.

“

***“The laws we have today are complicated and full of traps for the unwary, but they create a path to justice that people in the early 1900s didn't have.”***

The Triangle Shirtwaist Factory brought workers' compensation law to New York in 1914 and eventually made working conditions better and safer at the national level. Frances Perkins, who witnessed the fire, went on to become the secretary of labor under President Franklin D. Roosevelt. In that job, she pursued “a 40-hour work week; a minimum wage; unemployment compensation; workers' compensation; abolition of child labor; direct federal aid to the states for unemployment relief; Social Security; a revitalized federal employment service; and universal health insurance,” according to the Francis Perkins Center — and made many of those things a reality.

It's crazy to look back on how much has changed since 1911. If the families of the victims of the Triangle Shirtwaist Factory fire hired me for their workers' compensation case today, things would have turned out very differently!

They wouldn't have been able to sue the building owners under Virginia law, but if their loved one had died or become disabled and was the main earner of the household, they would have been entitled to two-thirds of their pay for up to 500 weeks. Five hundred weeks! Even considering the low wages of New York City workers at the time, that would have come out to way more than \$75 per person. Alternatively, they could have settled with the Triangle Shirtwaist Factory's insurance company for a large lump sum.

I'm definitely grateful to live in our current age of workers' compensation. The laws we have today are complicated and full of traps for the unwary, but they create a path to justice that people in the early 1900s didn't have.

If someone you know has been injured at work and doesn't have a lawyer on their side, they don't need to feel as hopeless as the folks jumping from that burning building. Send them to me and I'll get them and their family taken care of.

*-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.**



# Get Sprung

## 4 WAYS TO HARVEST POSITIVE VIBES IN SPRING

Have you ever noticed that springtime just feels lighter and brighter? That's because, believe it or not, the seasons affect us. When spring rolls around, the energy shifts, and it's up to us to maximize those positive vibes. Let's examine how we can make the most of spring and inject some color and vibrancy into our lives again after a long winter.

### RELY ON COLOR.

Colors have the ability to elicit certain emotions and feelings. Tropical tones and pastels are everywhere in spring — the clear sky, grass, and flowers — so allow them to fill your space and take them with you as constant reminders to smile. If you're up for it, wear some new colors to brighten up your wardrobe, and don't forget to take in a sunset when you're able!

### ENJOY MORE HOURS OF DAYLIGHT.

Spring brings more hours of sunlight and warming temperatures that can give you more time to enjoy your morning cup of coffee outside. You can take an early stroll around the block, get in a workout outdoors, or just enjoy the fresh air. Also, many areas observe daylight saving time, which extends sunlight into the evening, so no matter how you choose to spend your extra daylight, make it an adventure.

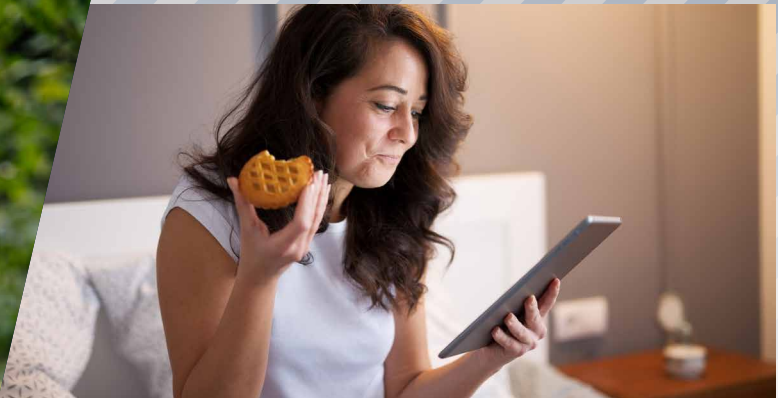
### WELCOME SPRING-CLEANING.

It isn't called spring-cleaning for nothing! Decluttering, dusting, reorganizing, and tidying up feels great! It's empowering and refreshing. There is something special about creating more space in your living space that gets the positivity flowing.

### EAT FRESH, COLORFUL FOODS.

During spring, many delicious fruits and vegetables come into season. Berries, oranges, apples, carrots, avocados, cherries, spinach, and kale are all at their peak. Your local farmers market is a great place to get the freshest produce to fuel your body!

Spring is a time for new beginnings and positivity. Make the most of this spring season by welcoming a fresh abundance of love and life.



As a kid, your parents probably said that eating before bed was bad for you, but is that really true? Recent data shows that it just might be.

### THE STUDIES

The University of Montreal discovered a correlation between late-night eating and nightmares in 2015, with 9.5% of their participants saying that they had bad dreams when they ate before going to bed. Another study by the Journal of the Mind and Body found that sugary sweets such as ice cream and candy bars can increase brain activity. During this increase after eating sugary foods, 70% of their participants experienced nightmares.

However, Stanford University for Sleep Sciences and Medicine explains that this isn't always siloed to sweets; other kinds of late-night snacks may cause nightmares as well.

# FACT OR FICTION: Can Eating Food Before Bed Cause Nightmares?

### THE FINDINGS

If you're eating food containing spices, sugar, or dairy, this can trigger more brain waves in your sleep, making it more difficult to rest.

For example, the International Journal of Psychophysiology conducted a study where participants added Tabasco sauce or mustard to a meal they ate before bed. Their study found that this addition affected the *quality* of sleep that night since spicy food can cause your body temperature to rise, release heat, and induce restlessness.

To top it off, Harvard Medical School found that conditions that wake you up during your sleep can influence your ability to recall dreams, making it easier to remember any potential nightmares.

If you want a snack before bed, fruit is the best option. Grapes contain sleep hormones such as melatonin, which helps you fall asleep faster. Bananas are another option because potassium can calm and de-stress your muscles before bed.

While more research is needed to connect your choice of midnight snacks or late-night dinners to nightmares, it's easy to see that sweets and spicy dishes won't help you get better sleep each night.

# OUR CLIENTS SAY IT BEST

“Joe Miller and Andrew are awesome! I filed a workers’ comp claim and ran into complications with the process. Andrew took my information and, after talking with Mr. Miller, advised me on how to correct the issue, even offering to help with the process. It’s heartwarming to know Joe Miller and his staff are willing to help so much and so fast.”

**-Thomas Bozeman**



## Joe’s Monthly ‘SOUL SNACKS’

“Problems cannot be solved at the same level of awareness that created them.”

**- Albert Einstein**

“Nobody ever drowned in his own sweat.”

**- Ann Landers**

## One-Pan Chicken Tacos

*This recipe from TikTok user @violet.cooks almost broke the internet — and you’ll see why! The fried tortillas make it out-of-this-world delicious.*



*Inspired by TasteOfHome.com*

### Ingredients

- 1 lb chicken breasts, sliced into 1-inch pieces
- 2 tbsp garlic powder
- 2 tbsp cumin
- 2 tbsp chipotle powder
- Canola oil (for frying)
- Corn tortillas
- Grated cheddar cheese
- Pico de gallo and guacamole salsa (to taste)

### Directions

1. In a mixing bowl, combine the chicken pieces, garlic powder, cumin, and chipotle powder. Mix until the chicken is coated.
2. In a frying pan, heat the oil. When the oil is hot, add the chicken mixture. Cook on medium heat for 5–8 minutes.
3. Remove the chicken from the pan, and add the corn tortillas (avoid overlapping) so they soak up the juices. Flip the tortillas and repeat. Then, add chicken and grated cheddar to each tortilla and fold it over the filling — in the pan.
4. Cook the tacos for 3 minutes per side until the tortillas are crispy and the cheese is melted.
5. Top with pico and guacamole salsa, and serve!