

888-667-8295



5500B GREENWICH RD.
VIRGINIA BEACH, VA
23462

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

Inside This Issue

How to Be a Better Human
page 1

Teen Life Skills
page 2

Our Clients Say It Best
page 2

Why You Need to Ditch the
Flip-Flops
page 3

Soul Snacks
page 3

Mouthwatering Southern BBQ
page 3

A True Canine Hero
page 4

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.



A ROUND OF A-PAWS

THIS AMAZING PUP SAVES THE DAY — TWICE!

Heroes don't always wear capes or stand on two legs — and in a specific case with a German shepherd, this is exceptionally true! A dog noticed that one of his favorite tiny humans was in some serious danger, so he saved the day, two times!

A little boy and girl enjoyed the day, tossing a ball back and forth in their backyard. When the girl overthrew the ball, it unfortunately fell into a small pond behind the boy. The girl rushed inside the house to get help, but the boy stayed outside and even ended up leaning over the edge of the pond as he tried to retrieve the ball on his own. This is when a protective German shepherd, lying nearby in the grass, saw everything and immediately sprung into action.

The dog first looked into the pond to locate the ball. Then, knowing the boy was in danger as he teetered on the edge, the dog tugged on the little boy's vest with his teeth, pulling him backward to safety near the back patio of the home. Once the little boy was in a safe location, the dog located a pole net that had been leaning against the house and brought it over to the pond. While his tail wagged with pride, the dog fished the ball out of the pond.

The dog then put the net down on the ground near the pond and brought the ball over to the boy, who petted him with appreciation. This German shepherd saved the day for this little boy and girl — and also saved the boy from injury and needing a dry set of clothes! What an amazing canine. He deserves a treat and a round of a-paws!



NEWSLETTER

07/08 2022

FOLLOW US



WWW.JOEMILLERINJURYLAW.COM | 888-667-8295

The Secret to Being a Better Person And a Better Lawyer

Years ago, my wife dropped a bombshell on me.

"Joe," she said. "You need to learn to listen."

She'd spotted a pattern: Often when we talked, I'd end up monopolizing the conversation. I'd get so passionate about sharing my opinion that I'd forget to focus on what *she* had to say.

“

“Ask yourself, are you engaging with people only to further your agenda? Or are you trying to see where they're coming from?”

I realized at that moment that my wife was 100% right. Even if she were interested in hearing everything I thought about a subject, that wouldn't be a conversation. It would just be me sharing my agenda. To truly have a conversation, you have to do four things.

1. Stop talking.
2. Listen to what the other person has to say.
3. Be curious and ask questions.
4. Repeat steps 1-3.

I'm still guilty of messing this up at times. But I know that it's crucial to listen to other people, and I'm working to become a better listener every day. I wanted to share this struggle with you because July 18 is World Listening Day, and I believe that if we all talked a little less and listened to each other a little more this world would be a better place.

I think social media is a big part of the problem. It helps people connect, but it has also changed the way we communicate. If we don't like what someone has to say online, we can censor or even block them and form our own bubble of like-minded people. Russell Brand calls this “you're

wrong, which makes me right” brand of thinking “oppositionism” — and it seems to be leading us away from free speech. (Just look at the reactions to Elon Musk's pending purchase of Twitter.)

When someone grows up on social media and is able to block all of the folks they don't agree with, what does that person do when they go out into the real world and encounter people who hold diametrically opposing views? The options don't look good. To communicate and move forward, we need to learn to listen to each other regardless of our political and social stances.

Listening isn't just crucial for communicating with strangers online or having conversations with family and friends. It's also crucial at the office — at least for me. You must be a good listener to be a good lawyer. During intake meetings with clients, I have to listen carefully to their stories and ask dozens of follow-up questions to figure out what really happened and what the implications are for their case.

Nuance matters in areas like workers' compensation. It's not enough to know that someone slipped and fell, for example. I need to figure out why they fell. Was the ground uneven? Were there chemicals all over the floor? Was the person distracted? These tiny details can make the difference between a successful case and an unsuccessful one, and I have to dig to get them! I could never do that without listening.

I hope that if you've read this far, you'll pay extra attention this month to the way that you listen. Consider widening your social media circle. Maybe read a book like “You're Not Listening: What You're Missing and Why It Matters” by Kate Murphy or listen to a podcast episode like “Want To Listen Better? Turn Down Your Thoughts and Tune In to Others” by NPR's “Life Kit.” Ask yourself, are you engaging with people only to further your agenda? Or are you trying to see where they're coming from? I'll continue to take a leaf out of my wife's book and strive to do the latter.

—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.

Ready to Succeed

3 IMPORTANT LIFE SKILLS TO TEACH YOUR TEEN

Leaving the nest can be tough for young adults. There are so many things to remember, like making sure they have all the right supplies and remembering to keep important paperwork. So, before your child heads off to college, help them strengthen these three skills.

HOW TO ASK FOR HELP
Being capable starts with understanding what you need and asking for it. By having your child order their own food at a restaurant, make medical and dental appointments for themselves, and check out at the supermarket alone, you'll be helping your child develop independence while encouraging them to take the lead.

HOW TO SEAMLESSLY GET FROM POINT A TO POINT B
When your teen leaves the house, they'll be traveling on their own on a bus, on a plane, by car, and by foot, so they'll need to understand how to navigate airports, subway stations, bus hubs, and roads. Ask your child to give you directions when describing how to get to the mall or have them even drive you there if they are licensed. This will reduce stress during solo travels, and they're less likely to feel overwhelmed if plans unexpectedly change.

HOW TO HANDLE EMERGENCIES
When children are fairly young, they learn how to call 911 in the event of life-threatening and serious emergencies. But other emergencies tend to pop up in life that don't necessarily warrant a call to the police. Show your child how to put on a spare tire, turn off utilities, patch a hole in clothing, and other basic but necessary skills so they don't panic when something goes wrong in their dorm room or on the road.

As a parent, it's your job to teach your children the right skills to set them up for success and independence and to take care of themselves when they finally go off on their own.



Whether you're walking around poolside or simply enjoying a day at the ballpark, few summertime outfits are complete without a pair of flip-flops. But if you struggle with foot pain — or are simply aging out of your invincible 20s — wearing flip-flops may be one of the worst things you can do for your feet.

‘WHY DO MY FEET HURT!?’
Because flip-flops don't have any support, your arches receive more pressure than when you are wearing shoes that have built-in materials for arches, like tennis shoes. That often explains why your feet are sore, but this can also create a problem for the rest of your body.

‘WAIT — FLIP-FLOPS CAN HURT MY WHOLE BODY?’
Wearing flip-flops can limit how you walk because you're compensating for the arch pressure. This can impact your ankles,

DITCH THE FLOPS

Why Your Flip-Flops Are Doing More Harm Than You Think

knees, lower back, and hips by placing unnatural weight on these joints and muscles. This could also have an impact on your balance, since the distribution of your weight with each step is off-kilter.

‘WHAT IF I JUST ONLY WEAR FLIP-FLOPS? WILL THAT HELP?’
Unfortunately, this isn't just something your body “gets used to.” Wearing flip-flops for a long period of time can cause chronic problems in addition to standard joint pain. For instance, you could experience plantar fasciitis — which is pain in the tissue that connects your heel and toes — or Achilles tendinitis. The latter results from overuse of the tendon in the back of your heel. Essentially, because your foot is having to compensate for flip-flops' lack of support, the overexertion at an unnatural angle causes more problems over time.

‘SO, I CAN NEVER WEAR FLIP-FLOPS, THEN?’
Good news! You don't have to swear off flip-flops or sandals. Find a pair of shoes that offer the right amount of support for your arches. You can tell if shoes have this by looking for the “bump” in the middle of the shoe. Archies are a popular flip-flop brand with the arch built right in! Test drive a pair of these or consult with a trusted physical therapist to find the flip-flops or sandals that give you the summertime look we all want without the flip-flop pain.

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.”

-Anonymous



Joe's Monthly ‘SOUL SNACKS’

“Every accomplishment in life begins with the decision to try.”

-Daniel Agalar

Mouthwatering Southern BBQ

Summer isn't complete without some Southern BBQ!



Inspired by JustAPinch.com

Ingredients

- 3 lbs boneless pork loin roast, trimmed
- 1 cup water
- 1/2 tsp salt
- 1 tbsp pepper
- 1/4 cup brown sugar
- 18 oz barbecue sauce
- 2 tbsp Worcestershire sauce
- 1 tbsp hot pepper sauce
- 10 hamburger buns, split
- Deli coleslaw (optional)

Directions

- In a 4-quart slow cooker, add the roast and 1 cup of water.
- Cover and cook the roast on high for 7 hours or until tender.
- Once tender, shred the meat.
- Return the shredded meat to the slow cooker. Stir in salt, pepper, brown sugar, barbecue sauce, Worcestershire, and hot pepper sauce.
- Cover and cook on the lowest setting for an hour.
- When finished, serve barbecue on buns with coleslaw (optional).