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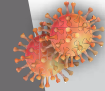
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Have you or a loved one become seriously ill from exposure to COVID-19 on the job? We are currently accepting COVID-19 cases of workers employed in certain occupations where new laws in Virginia and proposed laws in North Carolina cover workers who contracted COVID-19 in those occupations.



BLACK MAGIC

HOW ONE CAT SAVED HIS OWNER'S LIFE

Black cats can have it rough. People associate them with Halloween and bad luck, they can be tricky to photograph, and they make up a full third of all cats surrendered to animal shelters. But one special black feline named Piran proved his worth when he led rescuers to his 83-year-old owner after she fell down a ravine.

In August 2021, the woman went for a walk near her home in Cornwall, England. When she didn't return, her neighbors started to worry. They formed a search operation, but there was a lot of ground to cover in their rural surroundings. They had little luck in their investigation until they heeded the advice of her cat.

While the search crew worked, Piran refused to move from one specific spot, and he meowed incessantly. That wasn't like him, so eventually, Tamar Longmuir, a neighbor assisting in the search, decided to find out the reason for all the racket. Longmuir called to the woman while investigating the cat's noises and heard a faint response. Piran had staked out his position where his owner had fallen — 70 feet down a ravine located at the edge of a cornfield.

According to Longmuir, "She had gone through the barbed wire and was laying in the stream — we think she had been in there for hours." Emergency services were called and quickly rescued the woman. "Without the cat waiting at the gate to that field," Longmuir added, "it could have been hours later that I or anyone else would have checked in there."

The injured woman was taken to the hospital in good spirits and stable condition, avoiding a potential tragedy. Meanwhile, the police posted a photograph of Piran's handsome black face on social media and declared him a hero. Though he reportedly received many treats, Piran's real reward was a job well done. "The cat is very attached to her," Longmuir said.

Cats may not generally be known for their loyalty, but maybe it's time for the stereotype to get an update. Clearly, Piran the black cat was anything but bad luck. He proved it with the grandest act possible — saving his human's life.



NEWSLETTER

05/06 2022

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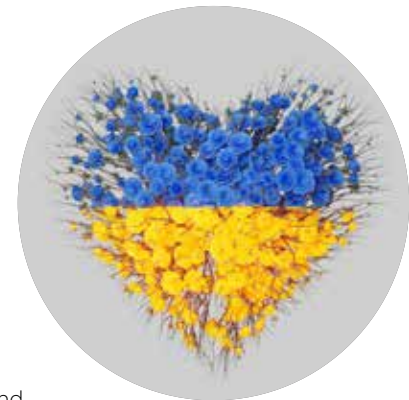
How to Help Your Neighbors At Home and Overseas

There's nothing like a potential world war to put life into perspective. Since Russia invaded Ukraine this spring, I've had a hard time concentrating on anything but the news and the work I'm doing for my clients. Everything else feels too trivial.

I caught myself scrolling through Facebook the other day, and there was an advertisement for a new kitchen gadget. Everyone was freaking out about it in the comments, but all I could think was, "You're excited about your kitchen at a time like this? Who cares about splash-free faucets when people are dying?"

I'm sure you're tired of hearing about the war. I am too. I'd love to never see another news story about people fighting for their lives without food and water; being hauled out of their homes in the middle of the night; or losing everything they have to bombs. But we can't put our heads in the sand, especially when there's a nuclear threat.

Of course, we're not all military experts. If you feel as frustrated and helpless as I do right now, please join me in doing something to support Ukrainians. My family and I donated to Hatzalah Ukraine, an organization providing humanitarian and medical assistance on the ground to victims of the war. It's a great non-government organization (NGO) that's bringing doctors and nurses into the country and transporting injured people to medical centers.



To donate, visit HatzalahUkraine.org and click the "Donate" button in the top right-hand corner of the screen.

I'm not a political pundit or an expert in global conflict, but I am a human being on this planet. I can't help but care, even though I know all I can really do is focus on living my life and supporting my family. I'm guessing you feel the same way.

If you do, remember that there are plenty of ways you can help people from right here at home. That might be donating to a cause like Hatzalah Ukraine, or even just passing on our firm's phone number to someone who was injured at work and needs a lawyer's help. The work I do may not be on the front lines of a war, but winning someone compensation can still change their life for the better. I'm holding on to that right now during these tough times. The more referrals you send my way, the more of an impact I can make!

Wishing you all the best,

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.

Time To Be A Movie Critic!

3 MOTION PICTURES INSPIRED BY BOOKS

We’ve all heard the saying, “the book is way better than the movie or TV show.” Movies and TV shows provide you with a great visual representation of the characters and storyline. The films are equally as good as their respective books in their own right. Here are a few films inspired by books that you should check out.

‘THE SHINING’ 3-PART MINI-SERIES

This is one of Stephen King’s most famous novels. There is even a much-acclaimed 1980 movie based on the book. But did you know that Stephen King directed and produced his own miniseries? The three one-hour episodes follow the book precisely and provide more information on the characters. Spoiler alert: There are no twins or garden maze in this series, but there are moving topiary hedges!

‘THE ULTIMATE EVIL’: THE SEARCH FOR THE SONS OF SAM

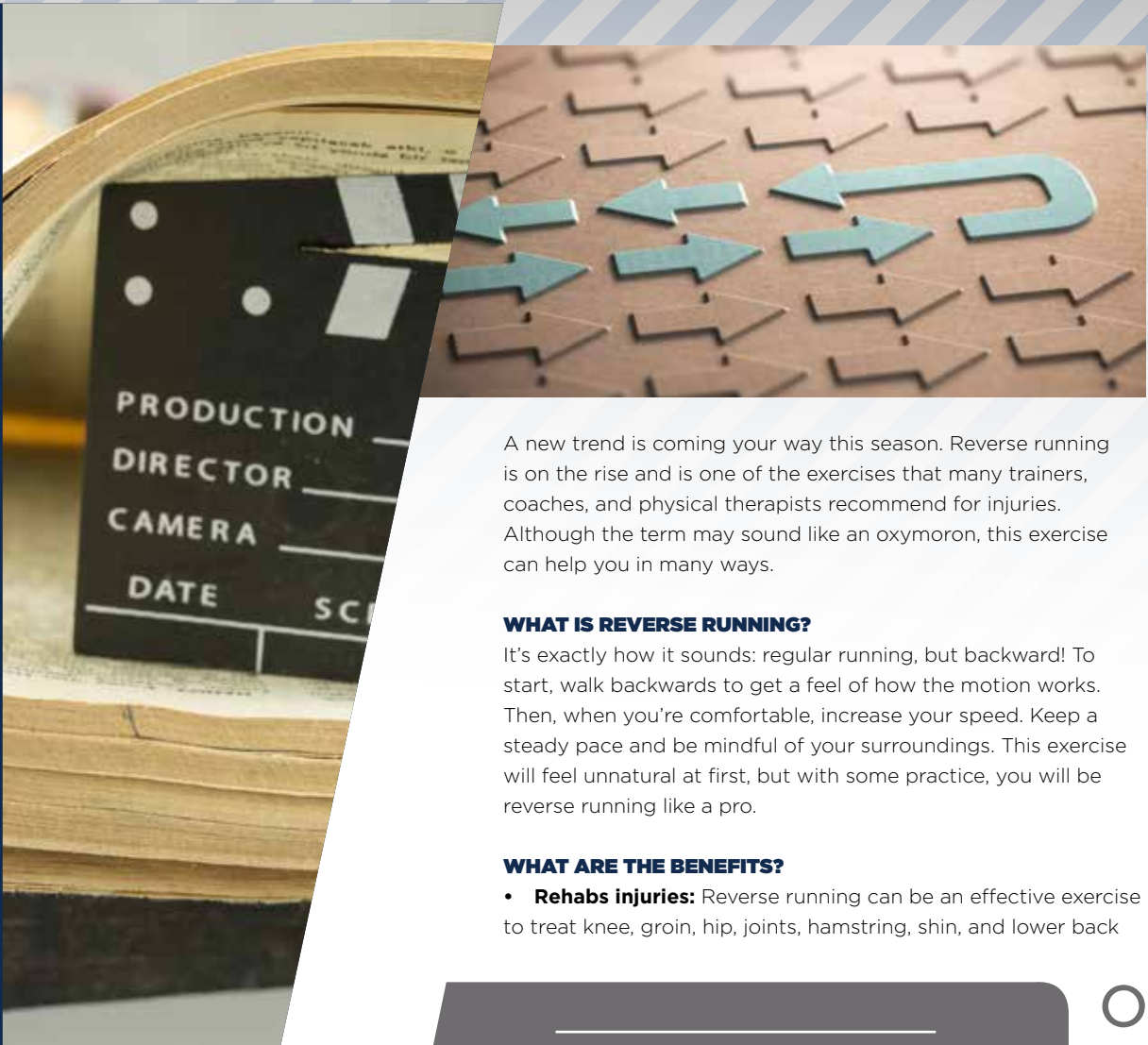
There are a lot of conspiracy theories about the Son of Sam and his crimes. Some have argued that David Berkowitz didn’t commit these crimes alone — and they have evidence to prove it. Follow along with journalist Maury Terry as he makes his way down the rabbit holes of this case. There is more to this crime

than what appeared in the media, such as cult practices and ties to other cases like Charles Manson and his family.

‘LOOKING FOR ALASKA’

John Green has captured the hearts of millions of readers across the world, and now there is a movie inspired by his first novel, “Looking for Alaska.” This coming-of-age story follows a teenage boy as he searches for the meaning of life. Then, a sudden tragedy strikes, and the boy and his friends must come to terms with the event. The movie shows the emotion, grief, and love the boy deals with on his journey. Pull out your tissues for this film; it’s sure to be a tear-jerker.

You don’t need to read the books first in order to watch the TV show or movie — these films can stand on their own. These are only a few of the many movies and TV shows that are based on best-selling books. Now it’s time for you to be the judge and determine if the books are, in fact, better than their films.



A new trend is coming your way this season. Reverse running is on the rise and is one of the exercises that many trainers, coaches, and physical therapists recommend for injuries. Although the term may sound like an oxymoron, this exercise can help you in many ways.

WHAT IS REVERSE RUNNING?

It’s exactly how it sounds: regular running, but backward! To start, walk backwards to get a feel of how the motion works. Then, when you’re comfortable, increase your speed. Keep a steady pace and be mindful of your surroundings. This exercise will feel unnatural at first, but with some practice, you will be reverse running like a pro.

WHAT ARE THE BENEFITS?

- **Rehabs injuries:** Reverse running can be an effective exercise to treat knee, groin, hip, joints, hamstring, shin, and lower back

WHAT IS REVERSE RUNNING?

injuries. While doing this activity, you’re getting a great range of motion in those areas as well as improving your posture.

- **Improves performance:** Unlike regular running, you need to put more effort and cardiovascular strength into the motions and steps in reverse running. Practitioners say that one lap around a track backward is eight laps around the track if you were to run it forward.
- **Improves muscular balance:** You will strengthen opposing muscle groups in reverse running that you wouldn’t be able to strengthen if you ran forward. As a result, your quads, calves, shins, and balance will improve tremendously with this exercise.
- **Burns fat:** The Journal of Strength Conditioning Research stated that reverse running promotes greater heart and lung activation and burns 30% more calories than forward running.

If you’re looking for an exercise that can help you recover from injuries, burn fat, and improve your performance and balance, then reverse running is for you. You can start by adding 2–4 30-second intervals of reverse running in your routine to help you remain physically active and fit. Remember, a little goes a long way with this exercise!

OUR CLIENTS SAY IT BEST

“Joe and his staff were extremely helpful to my case. They were easy to communicate with and explained everything in layman’s terms so I could understand what the workers’ comp company was doing. It was four years of pain and suffering for me after my accident, and Joe and his team gave me the support I needed to get through it. They handled all the legal problems so I could focus on my recovery. I can’t thank them enough for being by my side and treating me like family.”

–Anonymous



Joe’s Monthly ‘SOUL SNACKS’

“The world exists for the sake of kindness.”

–Rashi

One-Pan Baked Salmon and Veggies

It’s asparagus season! Celebrate with this easy one-pan salmon dish for two.



Inspired by BBCGoodFood.com

Ingredients

- 1 lb spring potatoes, halved
- 2 handfuls cherry tomatoes
- 2 tbsp olive oil (divided)
- 1 tbsp balsamic vinegar
- 8 asparagus spears, trimmed and halved
- 2 5-oz salmon fillets
- 1 handful fresh basil

Directions

1. Preheat the oven to 400 F.
2. In an oven-proof dish, combine the potatoes and 1 tbsp olive oil. Roast for 20 minutes.
3. Remove the dish from the oven and add the asparagus. Toss, and bake for 15 more minutes.
4. Remove the dish from the oven and add the cherry tomatoes. Toss. Drizzle with balsamic, then nestle the salmon fillets into the vegetables. Drizzle with the remaining oil, and bake for 10–15 minutes.
5. Remove the dish from the oven, garnish with basil leaves, and serve!