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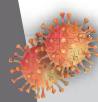
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Have you or a loved one become seriously ill from exposure to COVID-19 on the job? We are currently accepting COVID-19 cases of workers employed in certain occupations where new laws in Virginia and proposed laws in North Carolina cover workers who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



RIGHT PLACE, RIGHT TIME

LATE-NIGHT DRIVER BECOMES A SUDDEN HERO

Nicholas Bostic had a heated argument with his girlfriend one night, so he went out driving around to clear his head and relax. Little did he know he would become a hero that same night. During his drive, he witnessed a raging fire that had engulfed a family's home.

Bostic stopped his car and ran inside despite the flames. He immediately began yelling for anyone since no one appeared to be inside the house — not even emergency personnel. His cries woke up 18-year-old Seionna Barrett, the oldest of five children, and she gathered her siblings together to exit the home. Bostic ran to Barrett and her young siblings, and he helped her take the children outside. But Barrett then told Bostic that her 6-year-old sister wasn't with them. Without a second thought, Bostic again entered the home, hoping to rescue the little girl.

The fire continued to spread quickly, and Bostic described it as a "black lagoon" of smoke on the ground floor. He checked all of the bedrooms but couldn't find the little girl. Then, as he approached a window to exit the home, he heard a child's cry. Bostic then had an internal conversation with himself: He knew the child needed help, and although he was terrified to go back downstairs through the fire and smoke, he wouldn't quit. After wrapping his shirt around his mouth, he ran through the home, following the girl's cries for help.

Once he found her, he picked her up, ran upstairs, and jumped out the window onto the lawn.

All of the children were safe and suffered no injuries. Bostic received first-degree burns and severe cuts on his arm. He was airlifted to the nearest hospital once first responders arrived at the scene. Bostic's cousin created a GoFundMe to pay for Bostic's medical bills, and it collected \$556,000.

Today, Bostic is healthy and healing. He now has a new perspective on life and is looking forward to whatever his future might hold.



NEWSLETTER

11/12 2022

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If Jeans Could Talk ... Mine Would Tell This Story!

When I sat down to write this newsletter, my plan was to look back on 2022 and tell you about the things that have changed over the last year. I was going to write about our new hire (she's doing a great job handling our medical records and billing) and the fact that we've helped more healthcare and construction workers than ever with their personal injury cases. But I don't think I can write about those things after all. My mind keeps getting stuck on something else: clothes.

Bear with me here. Before the COVID-19 pandemic, I used to wear a coat and tie to work every day — or at least a button-down and slacks. My appearance was VERY important to me. It was a point of pride that I never wore jeans to the office, especially because my old partner used to wear shorts to work. (Apparently, khaki shorts, a blue polo, a nice belt, and Sperrys without socks were the University of Virginia uniform.)

But my priorities have changed, and I think it's because the pandemic changed me.

“

“I dress more casually because I'm putting the effort that used to go into my clothes into something more important: my cases.”

Sure, we handle a lot of our work remotely now, so no one cares if I'm wearing jeans they can't even see on Zoom. But it's more than that. I've relaxed! I dress more casually because I'm putting the effort that used to go into my clothes into something more important: my cases.

The last three years have taught me a lot about myself, my work, and how to balance work and family. In 2019, I never would have been on board with my marketing expert working from Germany because her husband got a great job over there. But now I am. The quality of her work matters a lot more than where she lives, especially with the advent of tools like WhatsApp that help us stay connected across the globe.

I'm sure more changes are coming. If you believe Mark Zuckerberg, pretty soon we'll all be working remotely and “meet” each other virtually through the Metaverse. In the meantime, though, my team and I will keep fighting the good fight for folks who still have physical jobs, including those who work in construction, health care, factory work, tree-cutting, and the retail industry.

We'll also keep representing people injured in car crashes and other accidents — and when we're not in court, we just might do it wearing jeans.

As the holidays approach, I'm thankful to have a great team behind me making that work possible. I'm also thankful for my family, who continues to change and grow just like the firm. Emmi is doing a great job in middle school, and Dalya, our oldest, is planning an exciting move to New York. She wants to be closer to her friends and pursue her dream of working in animal care. My wife and I are cheering her on.

I can't wait to see what comes next for my girls and for Joe Miller Law. Hopefully we continue growing, evolving, and moving forward together. I'm not betting it all on the Metaverse quite yet, but who knows? Maybe in three more years, I'll think differently!

Happy holidays,

-Joseph Miller

Have you claimed your free book yet?

A copy of “Strong Justice for Car Accident Victims: 23 Simple Rules to Follow if You've Been Hurt in an Auto Accident” is waiting for you. Visit JoeMillerInjuryLaw.com today to claim your e-book, or call our office to request a physical copy!



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.

Why Do I Constantly Think About This?

HOW TO MANAGE INTRUSIVE THOUGHTS

Many people deal with unwelcome, intrusive thoughts every day. We've all experienced unwanted images or notions racing through our minds, and it can be difficult to concentrate on what we need to be doing. These thoughts can also trigger feelings of anxiety, worry, and shame. But know you're not alone — some estimate that 6 million Americans are affected, so many can empathize with what you're going through. Here is some good advice about intrusive thoughts and how to manage them in a healthy way.

WHAT ARE INTRUSIVE THOUGHTS?

Intrusive thoughts are unwanted ideas that occur without warning at any time, often triggered by stress or anxiety, or even short-term biological factors, like hormone shifts. They can come in many forms, and people often worry about what they mean, so naturally, they try to control or stop the ideas altogether. But trying to prohibit these thoughts can make them more persistent.

WHAT CAN YOU DO?

Instead of pushing these thoughts out of your mind, acknowledge that they are intrusive concepts

and allow them to linger. Understand they will pass, but prepare yourself for other unwanted thoughts. Most importantly, push through and continue to complete your tasks and errands when the thoughts occur.

If you try to control, suppress, question, act, or engage with intrusive thoughts, you'll likely be even more fixated on them. You'll feel more in control if you allow them to pass through your brain instead of trying to avoid and ignore them.

Intrusive thoughts can feel distressing, but allowing them to freely enter and exit your mind will provide you with ease — even if it doesn't seem that way. However, if intrusive ideas persist and continually impair your ability to work or do things you enjoy, seek information from a mental health professional. You're never alone in your struggles, so don't hesitate to ask for help if you need it.



IS YOUR HEAD IN A FOG?

4 Ways to Clear the Haze

Do you ever feel as if your head is in the clouds? Brain fog due to stress can make it difficult to retain information, remember little details, concentrate, and react quickly. If your mind feels a little sluggish and a bit off, here are some tips to get you feeling like yourself again!

NOURISH YOUR BRAIN.

Did you know what you eat has a direct effect on your brain function? Poor food choices can negatively impact the way your brain works, but fueling it with minerals, antioxidants, and vitamins provides positive brain energy! For example, omega-3 fatty acids, iron, and vitamin B-12 are essential for memory and brain function. Are you eating foods with those nutrients?

FOCUS ON GETTING BETTER SLEEP.

According to the American Sleep Association, between 50–70 million adults in the U.S. have a sleep disorder, and this could lead to feeling disoriented, sluggish, and mentally foggy the next day. To promote better sleep, here are some tips:

- Develop a sleep schedule.
- Avoid hitting the snooze button.
- Exercise once a day.
- Begin dimming artificial light in the early evening.

- Promote calm evenings.
- Sleep in the dark.
- Charge your electrical devices outside of the bedroom.

STRESS LESS.

Stress can make it difficult to form fluid thoughts, concentrate, and become or stay motivated. In fact, when you're stressed out, you may lose some control over yourself. To reduce your stress and combat brain fog, be realistic about your goals and what you can handle. Concentrate on just one task at a time; remember to breathe, smile, and laugh; and advocate for a healthy work-life balance.

EXERCISE REGULARLY.

According to the Centers for Disease Control and Prevention, getting active is not only good for your muscles, tendons, ligaments, bones, cardiovascular system, and overall health, but it can also work wonders for your cognitive health. It's been linked to improved memory, reduced depression and anxiety, and better problem-solving. This doesn't mean you need to be in the gym every day pumping iron! Simply walking, gardening, or swimming is enough to get your heart pumping and endorphins flowing! Being consistent is key.

These tips are sure to help you combat brain fog and take care of your body so it can take care of you in the long run!

OUR CLIENTS SAY IT BEST

“Joe Miller represented me like a family member. Everything he did to help me was more than appreciated. Solving the case was simple, and so was their guidance. It's been a pleasure being their client. The outcome of it all was pretty amazing, and I wasn't expecting a lot. Joe Miller put me in the right position and fought for what I deserved.”

–K. King, Suffolk, VA



Joe's Monthly 'SOUL SNACKS'

“Challenges are not sent to destroy you. They are sent to promote you.”

–Daniel Agalar

Winter Vegetable Shepherd's Pie



Inspired by BBCGoodFood.com

Ingredients

- 6 1/2 cups potatoes, cut into large chunks
- 2 tbsp olive oil
- 2 onions, sliced
- 1 tbsp flour
- 2 large carrots, cut into rounds
- 1/2 cauliflower, broken into florets
- 4 garlic cloves, sliced
- 1 sprig rosemary
- 15-oz can diced tomatoes plus liquid
- 1/2 cup water
- 1 1/2 cups frozen peas
- Milk, to desired consistency

Directions

1. In a pot, boil potatoes until tender.
2. In a pan, heat oil over medium heat. Add onion and cook until softened. Stir in flour and cook for 2 minutes. Add carrots, cauliflower, garlic, and rosemary and stir until softened.
3. Pour tomatoes into mix and add water. Cover and let simmer for 10 minutes, then remove lid and cook for 15 minutes until thickened. Stir in peas and simmer.
4. Drain and mash potatoes. Stir in milk to desired consistency.
5. Preheat oven to 375 F. Spoon hot vegetable mix into pie dish, then top with mashed potatoes. Bake until top is golden brown.