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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.



VAN GOGH REINCARNATED? ONE-EARED RESCUE DOG BECOMES MASTER PAINTER

When a one-eared shelter dog in Connecticut struggled to find a new family last year, one of his caretakers had a wild idea: Why not teach him to paint? With help from TikTok and peanut butter, the aptly named Van Gogh became a social media star.

"I'd seen TikTok videos of other dogs creating paintings, so why not Van Gogh?" Jaclyn Gartner, the founder of Happily Furever After Rescue, told The Washington Post. "He certainly had the name and the ear for it."

To leverage what she calls Van Gogh's "fast and creative tongue," Gartner covered small canvases in dollops of paint, wrapped them in plastic wrap, and slathered them in peanut butter. Then, she presented the treats to the boxer-pit bull mix. He quickly licked the canvases clean, creating his "art" along the way.

According to the Post, Van Gogh's first few paintings flopped — just like the work of the human artist Vincent Van Gogh, who didn't become famous until after he died in 1890. This star rose thanks to Jo Van Gogh, the wife of his brother Theo, who advocated for his work after both Theo and Vincent passed away.

You could say that Gartner was dog Van Gogh's Jo because, like the original painter's, the pup's art staged a comeback! After his first "art show" drew just two guests, Gartner started auctioning off his paintings online. His abstract work like "Peacock Swirl" and a rendition of human Van Gogh's "Starry Night" quickly raised more than \$3,000 for Happily Furever After Rescue.



As his reputation soared on social media, Van Gogh also found his forever home with shelter volunteer Jessica Starowitz. He now spends his days painting and lounging on the couch. You can follow his exploits on Instagram under the handle [@officialvgdog](#).



NEWSLETTER

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Magical Moments in Israel I Can't Wait to Go Back!

I've often wondered, "How do I rate the impact of a spiritual experience?" Recently, I came up with an answer: The rating depends on how many times I cry.

Last December in Israel, I shed tears more than once during prayer services at the Western Wall. Those were beautiful, spiritual moments. I've visited Jerusalem several times, and the Wall always reaches deep inside me, tugging at my soul.

On this visit, my wife and our daughters were with me, and the trip wasn't just spiritual! We spent 10 days in Israel — many of them during Hanukkah — seeing the countryside, connecting with the community, and eating as much Israeli food as we could get our hands on.

We spent the first half of our trip in Jerusalem at an Airbnb. It was right in the middle of the action, and one night, we wandered down Ben Yehuda Street — one of the city's main drags filled with restaurants and shops. There, we discovered an outdoor piano!

A young guy was sitting at the keyboard, pounding out the notes to an old Amy Winehouse song. I couldn't resist — I started singing! The piano player grinned at me, swaying to the music and finishing our duet. It was the kind of special moment that's only

possible in Israel. The entire city feels like one big family, even when the streets are packed with people for Hanukkah.

Amy Winehouse was still playing in my head when we left Jerusalem and set off across the country. We stopped at a half-dozen small towns and dug into incredible food at every stop. Many people think Israelis are vegetarians, but that's not true — the locals love grilled meat. At one restaurant, the waiter brought out sizzling platters of shish kebabs and steak with blue flames burning underneath to keep it hot. If we weren't eating kebabs, we were stuffing falafel (chickpeas and spices shaped into balls and fried in oil) and shawarma (lamb slow-roasted vertically on a spit). When I was jonesing for fast food, I even sneaked off to McDonald's for a kosher Big Mac!

During our cross-country trek, we saw some of Israel's most beautiful places. We traveled to the En Gedi Nature Reserve to watch herds of antelope-like ibex wander through the grass and see rabbit rock hyrax poking their heads up from the rocks. We crossed the stark red Negev Desert to visit Makhtesh Ramon — an enormous heart-shaped crater that's sometimes called "Israel's Grand Canyon."

From there, we traveled to the historic desert town of Be'er-Sheva, then drove north to a

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"A young guy was sitting at the keyboard, pounding out the notes to an old Amy Winehouse song. I couldn't resist: I started singing!"

settlement in the hills called Zichron Yaakov. It was as gorgeous as Malibu! From our perch in the lush forest, we could see the Mediterranean in the distance, and the front yard of our Airbnb was full of orange and grapefruit trees. Our landlord encouraged us to pick as many as we could eat. We munched on kebabs in the coastal town of Caesarea, then spent our final day in Tiberias, a stunning lakefront city Carol and I hope to retire to someday. I can't wait to go back!

If you plan to visit Israel, I have two tips for you. First, skip the trip if you have mobility issues. Israel's old, hilly cities aren't very accessible. Second, don't bother to rent a car in Jerusalem. The drivers are crazy! Instead, download the Rav-Kav app and use public transit. You'll save yourself hours of frustration.

Have you already been to Israel? I'd love to hear your stories. Please share them with me next time we talk about your case or shoot me an email at Jmiller@joemillerinjurylaw.com.

-Joseph Miller

P.S. Be sure to check out Joe's "Soul Snack" YouTube video series on Deep Faith in God, or "Emunah," the most recent Episode 8 was filmed in the Land Of Israel!

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.

Work From Home?

TIPS TO ENSURE YOU AREN'T OVERWORKED

According to the U.S. Census Bureau, the number of people who work out of a home office has tripled between 2019 and 2021. This massive increase is mainly due to the pandemic. Prior to COVID-19, it was believed that if workers were not in an office setting, they would slack off while working remotely.

However, the opposite has proven to be true. In fact, some studies show that many employees working from home are overworked as their personal and professional lives start to blend. When their home is also their office, do they ever really transition out of work mode?

If you have adopted the remote work lifestyle, here are some tips to help ensure that you are not overdoing it.

STICK TO A START AND STOP TIME.

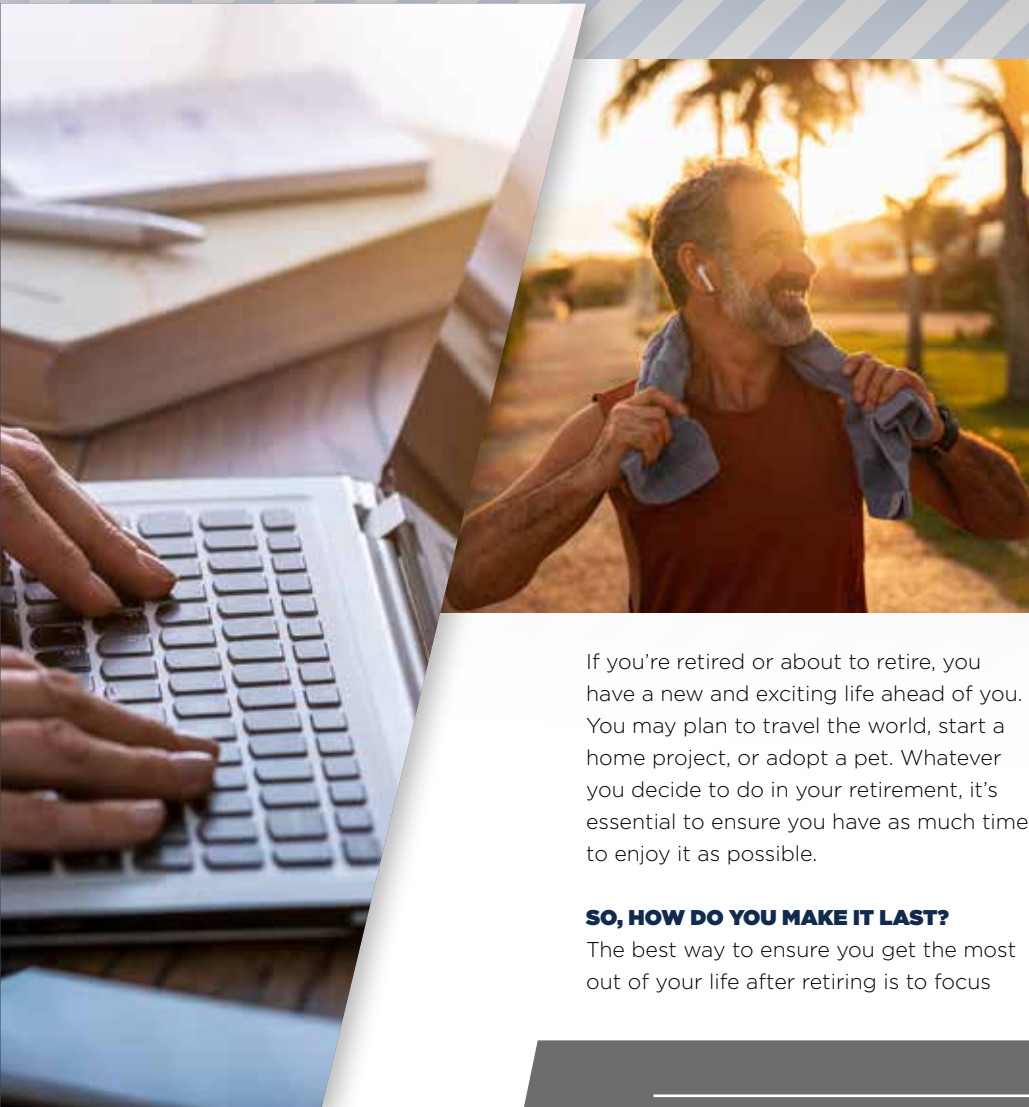
In an office setting, employees are instructed when to show up and go home. Some even clock in and out, even for lunch breaks. If you are working from home, maintain regular working hours and avoid the urge to “check just one work thing” outside of your set hours.

LOG ALL OVERTIME.

On that note, if you do end up working after-hours or more than your slotted hours in the day, record it and “flex” your hours on a different day to balance out the overtime hours. Even if you are just putting in an extra 15 minutes on a Wednesday evening, mark it down — this way, you know just how much extra work you put into a particular task or project.

BE VOCAL.

If and when you become overwhelmed, it's important to say something. When employees are outside of a traditional office setting and faces and body language can't be observed throughout the day, it can be difficult to know when someone has too much on their plate and is on the verge of burning out. To bridge this gap, be vocal about your workload!



If you're retired or about to retire, you have a new and exciting life ahead of you. You may plan to travel the world, start a home project, or adopt a pet. Whatever you decide to do in your retirement, it's essential to ensure you have as much time to enjoy it as possible.

SO, HOW DO YOU MAKE IT LAST?

The best way to ensure you get the most out of your life after retiring is to focus

WHAT IS HEALTHSPAN? And How Can You Improve It

on improving your healthspan. While your lifespan is how long you live, your healthspan is how long you can do things independently with complete physical and cognitive ability. Your healthspan also impacts the quality of life *left* in your lifespan, and the more you invest in it, the more you can enjoy your sunset years to their fullest.

Here's what you can do to invest in your health now to get the highest return in the future.

INVEST IN ALL ASPECTS OF YOUR FITNESS.

Exercise is always an excellent investment for a healthier life, but to increase your healthspan, you'll need to invest in all facets of your fitness, not just cardio. To diversify your health investments, focus on strength, power (how much energy you can output in a short time), balance, flexibility, *and* cardio. You can accomplish this through

any activity, but ensure that your weekly exercises are well-rounded and include at least one exercise in each category.

HOW MUCH YOU INVEST MATTERS.

We all get busy, that much is true, but how much time you invest in your health makes a difference in how much you get on the return. Ideally, you want to exercise in one of the above categories for 30 minutes daily. If your schedule is slammed, and exercise seems impossible to fit in, try to exercise at a higher intensity (at a level where you cannot hold a conversation during it) for at least 15 minutes a day for roughly the same results.

Investing in a well-rounded exercise routine with consistent time durations can improve your healthspan for many years. While the amount of time you have left is important, the quality of that time undoubtedly matters too. When you invest in your healthspan, you're investing in your independence!

OUR CLIENTS SAY IT BEST

“A really great team. They look after your best interest, explain the entire process, and guided me every step of the way. They understood my pain and my frustration, and they knew the law. Their trust was earned every step of the way. The conversations of realistic expectations and my responsibilities during the process made the end result beyond what I expected. I was in great hands with The Miller Team. Honestly, the best decision I ever could have made.”

—Rick L.



Joe's Monthly ‘SOUL SNACKS’

“*Courage is fear
that has said its
prayers*”
—Dorothy
Bernard

Apple Tart With Rosemary and Honey Syrup

Level up your dessert game with this unique apple tart! Covered in rosemary-infused honey, this recipe combines the sweet flavors of pink lady apples and the peppery depth of rosemary, all atop a flaky crust.



Inspired by: [Delicious.com](#)

Ingredients

- Frozen puff pastry, thawed
- 3 1/2 tbsp unsalted butter, softened
- 1 egg yolk
- 1/3 cup almond meal
- 1 tsp vanilla bean paste
- 3/4 cup runny honey, divided
- 2 pink lady apples, very thinly sliced
- 1 rosemary sprig, leaves picked

Directions

1. Preheat oven to 400 F.
2. Roll pastry to a 12-inch-diameter circle, 1/8 inch thick. Place on a tray lined with baking paper.
3. In a bowl, place butter, egg yolk, almond meal, vanilla, and 1/4 cup honey. Beat with a wooden spoon until smooth.
4. Spread over pastry and arrange apple slices on top. Drizzle with 1/4 cup honey. Bake for 20 minutes, until golden and crisp.
5. In a pan over low heat, place rosemary and remaining 1/4 cup honey. Swirl to melt honey. Pour over tart, and enjoy!