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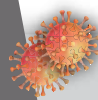
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**Have you or a loved one become seriously ill from exposure to COVID-19 on the job? We are currently accepting COVID-19 cases of workers employed in certain occupations where new laws in Virginia and proposed laws in North Carolina cover workers who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



# A HAM-FISTED ATTEMPT AT ROBBERY INTRUDERS FLEE FROM LUDWIG THE PIG

On the night of New Year's Eve in 2014, a group of burglars experienced the fright of a lifetime. Expecting to rob a quiet home in Derby, England, the intruders instead came face to snout with Ludwig, a 240-pound potbellied pig. Abandoning all thoughts of crime once they spotted the pig, the burglars instantly fled the scene and ran for their lives.

The "hero ham" had already become a popular figure in his town and was well-loved for his gentle demeanor. In fact, Michael Maughan, Ludwig's owner, is confident that Ludwig wouldn't have harmed the intruders, even if he does look quite intimidating. Local officers believe the robbers must have heard Ludwig's Rottweiler-like "growl" and immediately hit the road, leaving the door wide open behind them.

The story of this heroic potbellied pig became a sensation throughout Europe. Countless fans have applauded the Canadian-born hog for his loyalty to his owners. But the owners want to ensure people understand that Ludwig would never hurt anyone. Some fabricated



web stories made Ludwig sound more dangerous than he is, so Maughan spoke to the Toronto Star to dispute any defamations against Ludwig's kindness.

"He's being painted as a vicious creature when he's actually quite a sweet animal," he explained. "He didn't exactly bare his tusks and charge, I don't think. I think he got absolutely, 'Arrgh,' and they just ran for it." In fact, Maughan detailed that after a two-month separation during their move to England, the pig shed tears during their reunion. Adorable and affectionate, Ludwig would have probably become friends with the intruders in no time.

Even if his "bark" is worse than his bite, Ludwig succeeded in keeping his owners safe while also protecting their home. This 240-pound potbellied pig continues to enjoy his comfortable home in Derby and is considered a town hero. Anyone looking for a guard dog may want to consider a hefty hog instead!



## NEWSLETTER

05/06 2023

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## Our Team Never Gives Up! How We Turned a Roofer's Lost Case Around

It's very rare that my team needs to appeal a court case. Usually, we win the first time! But every once in a while, things go sideways in the courtroom and one of our clients gets a bad verdict and we have a strong argument that the Deputy Commissioner who heard the case made a critical mistake. In his or her decision it's a horrible feeling — but we don't let those verdicts stand without a fight.

“

*“Without documentation, there was no way to prove Carlos had actually violated a safety rule. But the deputy commissioner still ruled in the employer's favor!”*

This happened recently with a case for an experienced Virginia roofer I'll call Carlos, who came to us for help after a bad accident on the job. Carlos was working on the roof of a large building along with roofers from several other companies. He was wearing a safety harness attached to a rope, and he followed regulations and clipped that rope into the roof anchor. (For my non-roofers reading, a roof anchor is a heavy piece of metal equipment mounted onto a roof. Workers hook onto it to prevent themselves from falling to the ground if they slip.)

Carlos gave his rope a tug, and when it seemed secure, he scrambled down the roof

to do his work. He was leaning over to pop in another shingle when disaster struck: He shifted his weight, and the anchor tore free!

Carlos lost his balance and slid off the edge, smashing into a second rooftop far below. The anchor crashed down after him. When Carlos came to his senses, his whole body was throbbing in pain. He had a smashed ankle and several other cracked bones that would eventually need multiple surgeries.

I learned all about Carlos' experience with help of our Spanish translation service, and I was sure that he had a solid workers' compensation case. It seemed pretty straightforward: He was working, and someone else improperly installed the anchor which led to his injury! But his employer didn't see it that way.

When we went head-to-head in front of the Virginia Deputy Commissioner, Carlos' bosses claimed that he'd violated a safety rule. They said he should have checked the roof anchor better: not just by tugging on his rope, but by inspecting *every single hole* and making sure each one had a nail in it. Of course, when I asked if they'd actually spelled out that rule to Carlos, they said they didn't have it in writing — they'd just had a meeting about the safety rules generally before the job. [Please see my video on our YouTube Channel about the defense of Safety Rule Violations by employees].

Without documentation, there was no way to prove Carlos had actually violated a safety rule. But the deputy commissioner

Do you work a dangerous job? Scan this code to watch our video on everything you should know about the legal side of safety rule violations.



still ruled in the employer's favor! I couldn't believe it. The Commissioner's opinion was demoralizing, and I felt terrible for Carlos. He and his family had thousands of dollars of medical bills hanging over their heads for the surgeries he had been through, and he still required even more treatment and surgery! It just wasn't right. So, my team got back to work and appealed the decision to the full commission in Richmond.

There, I finally got a chance to explain Carlos' side — and I'm happy to report the Full Commission found in his favor! They reversed and remanded the Deputy Commissioner's decision. As I write this, we're finalizing the case and working out the details of Carlos' compensation.

My team poured months of hard work into this case, and I'm proud that we stuck to our guns and saw it through. Fighting for the truth pays off! If you know someone like Carlos who has been injured on the job (or you're dealing with an injury yourself) please do not hesitate to reach out to us for help. We'll work to get you the right result, even if that means filing an appeal.

*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.**

# The Best Way to Celebrate Mystery Month

## HOST A MURDER MYSTERY DINNER!

Did you know May is Mystery Month? There are dozens of ways to celebrate this enigmatic occasion, from playing Clue to rewatching “Glass Onion” — but why not bring those experiences to life and host your own murder mystery dinner at home? Thanks to a plethora of kits on the market, doing so is easier than ever!

### WHAT IS A MURDER MYSTERY DINNER?

A murder mystery dinner is essentially a real-life game of Clue. You invite friends over for dinner and turn your home into the set of “Knives Out” — without the blood, of course. Each of your friends takes on the persona of a character in the story, and when one of them is “murdered,” you compete to uncover who dunnit.

### STEP 1: PICK YOUR KIT.

Planning a murder mystery dinner from scratch would take the ingenuity of Sir Arthur Conan Doyle. Luckily, you have several ready-made mysteries to choose from! You can find boxes from Masters of Mystery and My Mystery Party at your local board game store, but you can find many options available online, too. Night of Mystery (NightofMystery.com), for example, sells both in-person and virtual kits with themes ranging from ‘80s prom to Christmas homicide.

If your friends and family don’t like the idea of acting and dressing up, that’s okay — you can still solve a mystery over dinner! Look into kits available through Unsolved Case Files (UnsolvedCaseFiles.com) or Hunt A Killer (Shop.HuntaKiller.com), which involve collaborative mystery-solving without the character work.

### STEP 2: CURATE YOUR GUEST LIST.

Most murder mystery dinners require at least four people, while some include characters for six, eight, or more! Check the number of players on your kit and invite your most creative, analytical, theatrical, and mystery-loving friends.

### STEP 3: DECORATE AND PLAN THE MENU.

If you choose a themed murder mystery, level up your event with a matching menu and decor! For games taking place in England, whip up a shepherd’s pie and make a cardboard cutout of Big Ben. For Havana Nights, plan a build-your-own Cubano bar and throw on an Afro-Cuban playlist. You can be as over-the-top as you like. Remember, it’s Mystery Month!



When most people think of anxiety, they likely have negative connotations tied to it. Many make the assumption that anxiety will always lead to panic attacks and fears of major change, but just about anything can generate feelings of anxiety, and not all of them are harmful. However, if your anxiety stops you from doing something, it can hinder you almost every day.

# THE WORLD ISN’T ENDING

## 3 Strategies to Reduce Anxiety

In honor of May being National Anxiety Month, here are three ways to reduce your anxiety.

### DAILY EXERCISE

Physical activity can increase your self-confidence, improve your mood, help you relax, and lower anxiety symptoms. You don’t have to do anything significant — you can go for a walk, take a hike, conduct at-home workouts, go to the gym for at least 30 minutes, or participate in yoga and Pilates.

### MEDITATE

Sometimes, taking a step back, focusing on your breathing, and letting your thoughts flow in one ear and out the other can help you put things in perspective. JAMA Internal Medicine published an article stating that practicing mindfulness can help ease feelings of anxiety, depression, and pain. You can meditate by following a guided meditation or silently sitting in a quiet area and breathing

slowly. While meditating will be challenging at first, it will become easier with practice.

### FACE ANXIETY HEAD-ON

Many people try to avoid anything that could make them feel anxious. While this method may make you feel short-term comfort, it can cause you to be more anxious about specific scenarios. The best strategy to overcome anxiety is to face it head-on. Although it will be uncomfortable and challenging, don’t let it stop you! The more you put yourself out there, the less anxious you’ll feel. You’re stronger than you give yourself credit for!

Please contact your health care provider if you’re worried about the anxious feelings you get. They can assist you with identifying your triggers, why anxiety is occurring, and methods you can use to reduce your symptoms.

# 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, as was their guidance. I would say that 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’

“Many persons have a wrong idea of what constitutes happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.”

—Helen Keller

## Roasted Sweet Potato Arugula Salad

Enjoy this salad’s warming cinnamon and crisp bites of radish and arugula.

### Ingredients

- 3 medium sweet potatoes, cubed
- 1 tsp smoked paprika
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- Salt and pepper, to taste
- 1 red onion, thinly sliced
- 1 bell pepper, thinly sliced



Inspired by Nutriciously.com

- 3 small radishes, thinly sliced
- 2 cups arugula, thinly sliced
- 1 1/2 cups cooked lima beans, drained and rinsed
- Balsamic salad dressing of choice

### Directions

1. Preheat oven to 350 F. Line baking sheet with parchment paper.
2. In a bowl, toss sweet potato cubes with smoked paprika, turmeric, cumin, cinnamon, salt, and pepper. Transfer to prepared baking sheet and arrange in a single layer.
3. Roast for 25–30 minutes until sweet potatoes are nicely browned and fork-tender.
4. In a large salad bowl, combine onion, bell pepper, radishes, arugula, and lima beans.
5. Toss the salad with dressing, then top with roasted sweet potatoes.