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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.



AN UNCONVENTIONAL ‘BACON’ OF HOPE THE STORY OF THE DANISH PROTEST PIG

In the 19th century, Denmark and Prussia couldn't agree on where to draw their border. Both countries refused to concede or couldn't reach an agreement on which country would ultimately control Southern Jutland, which today is Germany's northernmost state called Schleswig-Holstein.

This refusal to compromise ultimately led to war, and in 1848, Denmark won control. However, their victory was short-lived, as roughly a decade later, the Second Schleswig War was underway. This time, though, Prussia was victorious.

After their victory, the Prussian authorities slowly began to move into the peninsula, implementing new laws over the Danes living there. These new laws prohibited anything Danish, including all uses of the Danish flag. Needless to say, the Danes were not happy — *especially* the farmers.

These Danish farmers knew they had to protest this oppressive Prussian government, but they couldn't just publicly wave the Danish flag. So, they got crafty. Danish farmers began

to crossbreed their pigs to create a new breed, one that had the same markings as the Danish flag. These pigs were red in color, with one white vertical stripe and one white horizontal stripe. The farmers named their new pigs Protestschwein, or the Danish Protest Pig.

This protest pig quickly became the mascot of Danish cultural independence, and their efforts didn't go unnoticed by Prussian authorities. In 1881, a local Prussian police station sent communications back to the government in Berlin that farmers were breeding strange-looking pigs. However, while they could not prove that farmers were knowingly breeding the pigs to look like the Danish flag, "it was believed that the farmers were well aware of this and that this pig represented an affront to the Prussians," according to records from the Red Holstein Breeders Association.

Today, the Danish Protest Pig is recognized as its own breed but has a different name: the Husum Red Pied. And, the now-German state of Schleswig-Holstein supports the protection of this pig due to the cultural significance it offered its Danish ancestors so many years ago.



NEWSLETTER

07/08 2023

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Will You Miss This Newsletter? We're Saying Goodbye — For Now

Don't worry — Joe Miller Law isn't leaving you. Nothing could be further from the truth! But I'm sorry to report that due to a variety of circumstances, we're cutting back on the number of newsletters that will arrive in your mailbox.

I hope that doesn't come as too much of a blow. I know that I, for one, have enjoyed putting this newsletter together regularly for the last seven years! We've covered an amazing array of topics in these pages. In our very first edition in May 2016, I paid tribute to my father, who had just passed away. It was a tough article to write, but I'm proud that I could share his story with you.

Since then, we've covered everything from developments in workers' compensation legislation to the opioid crisis, the war in Ukraine, my daughter's adoption, and how Socially Distant Fest kept people's spirits up during the pandemic. In August 2019, I told you about my client Austin Tighe, who lost his leg to a wood chipper and overcame

the temptation to give up afterward. He went on to compete in a Tough Mudder, one of the most challenging obstacle course races out there! Every time I read his story, it inspires and re-energizes me.

In October 2017, I paid tribute to my wonderful mother after she passed, and a few years later, we shared the story of my daughter's teacher, whose unexpected and tragic death brought our community together.

I've even discussed my feelings here on topics ranging from gratitude and leadership to music, skiing, and spirituality.

It has been an honor and privilege for me to open this window into my life. This has been a place for me to offer not only my workers' compensation and personal injury expertise, but also what little wisdom I can pass on as a person. I hope I've touched you or taught you something.

If you've loved reading this newsletter as much as I've



"To stay on our mailing list and continue getting legal tips, local news, and my personal reflections, email me at jmiller@joemillerinjurylaw.com."

enjoyed creating it, I have two pieces of good news.

The first is that if you'd like to reread any of the articles we've published, you can find them all on my website, JoeMillerInjuryLaw.com. Simply hover your cursor over the "Resources" tab and select "Firm Newsletter" from the dropdown menu. All of our newsletters are available there, dating back to May 2016!

The second is that this isn't a permanent goodbye. If you'd like to stay on our mailing list and continue getting legal tips, local news, and my personal reflections, email me at jmiller@joemillerinjurylaw.com. I'll make sure we stay in touch.

So, don't think of this as a goodbye edition — consider it a "see you later!" Keep an eye on our website and your inbox for signs of what will come next.

—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.

What Your Summer Garage Sale Can Teach Your Kids

A summer garage sale is a tried and tested way to earn a little cash while eliminating things you no longer need. But it's also the perfect opportunity for parents to teach their children a few life lessons. Making your garage sale a family project can teach kids about organization, money management, and the pride of a hard day's work.

The lessons start immediately as your family determines what they no longer need. Younger children, in particular, often struggle to part with their possessions. A garage sale is an opportunity to discuss what they use, what they don't, and why we can't keep every object we own forever.

This process will teach kids organization as they create their "keep," "sell," and "toss" piles. On the big day, your children can also play a significant role in organizing and displaying your merchandise. Kids can help determine which items should share a table and what should be front and center to catch buyers' eyes.

Math and money management also play a pivotal role in any successful garage sale. First, you must determine what the items you're selling are worth. While letting your kids set prices is probably unwise, you can help them understand market value and what people will pay for used merchandise.

Your children can take a more active role in the sale itself. Depending on their ages, they can gain valuable experience making change for customers or negotiating a deal on the items for sale.

The best part of using your garage sale as a learning opportunity is that your children can personally experience the value of hard work. They'll watch their old possessions disappear and the cash trickle in. More than anything, they'll probably love adding up the day's takings.

Whether or not you give your kids a cut of the earnings is up to you. But even if they don't end up with fatter pockets, your children will walk away from the family garage sale with lessons that will last longer than any extra cash could.



Our knees, wrists, elbows, shoulders, and hips are integral parts of our bodies — all joints connecting our bones. After years of pressure plus wear and tear on our joints, they risk wearing down and developing conditions such as osteoarthritis, a common degenerative joint disease seen in older adults. However, aging isn't the only thing that can adversely affect our joints. Sometimes, overuse of a particular joint can cause pain, discomfort, and eventually limited mobility.

Here are four tips to incorporate into your daily routine to keep your joints healthy, lubricated, and mobile.

HEALTHY JOINTS MATTER

Safeguard Your Movement for Years to Come

SIT UP STRAIGHT.

Did you know your posture plays a significant role in the health of your joints, even your knees? Standing and sitting up straight helps reduce unnecessary pressure on any part of your body and protects your back, hips, knees, shoulders, and neck. It also helps to prevent injury to the surrounding muscles.

MAINTAIN A HEALTHY WEIGHT.

If you allow your body to become overweight, you inevitably slow down and move less. The extra weight also places more strain and pressure on your joints, mainly your knees, ankles, and hips, increasing your risk of joint damage and complications.

GET MOVING.

Staying active and building strong muscles and bones provides the stability and support your joints need to thrive. Dynamic

stretching and low-impact exercises strengthen your joints and keep them in optimal shape. Remember, the more you move, the easier it becomes.

PRACTICE SAFETY FIRST.

When performing activities that may place more demand on your joints, rely on padding and protection. For example, wear knee and wrist pads if you go roller skating or ice skating! If your wrist is sore or injured, a brace will protect it and provide the support it needs to heal. Even if you're gardening outside and kneeling often, be sure to kneel on a soft pad or area to safeguard your knees. Protection is always key!

Maintaining a safe and active lifestyle is the key to keeping your joints healthy for years to come. Take care of your joints now so they can care for you — no matter your age!

OUR CLIENTS SAY IT BEST

"I'm grateful to everyone at Joe Miller Law. They took a lot of stress off my shoulders, and I was extremely happy with the outcome of my case. If you are injured, I would definitely recommend Joe Miller Law to handle your case. You won't be disappointed."

—Bri, former client



Joe's Monthly 'SOUL SNACKS'

"We are worth what we are willing to share with others."

—R. Jonathan Sacks

Grilled Steak Salad With Peaches

This summer salad is both hearty and healthy!



Inspired by Delish.com

Ingredients

- 1 lb skirt steak, fat trimmed
- 1/4 cup balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp light brown sugar
- 1 tbsp vegetable oil
- Kosher salt
- Black pepper
- 1/4 cup extra-virgin olive oil
- 1 large lemon, juiced
- 6 cups baby arugula
- 2 ripe peaches, thinly sliced
- 1/3 cup crumbled blue cheese or feta

Directions

1. In a large resealable plastic bag or baking dish, combine steak, vinegar, garlic, and brown sugar. Marinate 20 minutes at room temperature.
2. Remove steak from marinade, coat with vegetable oil, and season generously with salt and pepper.
3. On a grill or pan set to high heat, cook steak until desired doneness. Rest 5-10 minutes, then thinly slice against the grain.
4. In a small bowl, whisk olive oil and lemon juice to make dressing. Season with salt and pepper.
5. In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss.