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**Richmond, VA**

#### In this issue...

Letter from Michele... page 1  
Laundry help!...page 2  
Stress-Free Family Flying...page 3  
Halloween fun!... page 3  
Spotlight on 28:19 Ministries... page 3  
Trivia Contest ... Page 4

#### **Quotes To Live By...**

"Blessed is the man, who having nothing to say, abstains from giving wordy evidence of the fact."  
—George Eliot  
"Less is more only where more is no good."  
—Frank Lloyd Wright  
"To succeed in life, you need three things: a wishbone, a backbone, and a funny bone."  
—Reba McEntire



**INJURED WORKERS**  
**LAW FIRM**

*Tips for Healthy, Wealthy, & Happy Living ...*

Dear Folks,




I started out the month attending the Great Legal Marketing Summit in Arlington Virginia with Stephanie Wilkins, Sheena Rahman, Sarah Busch and Bob Busch. This was our tenth year with GLM! It's been the #1 support mechanism to why we do things the way we do. It really has taught us to never stop learning and to genuinely provide the absolute best legal experience for our clients and their families.

I know a lot of you are as excited as we are that the Washington Nationals won the National League Pennant and went to their first World Series for Washington, D.C. in 86 years! Our family has been fans since they came to D.C. My husband Bob was an old Washington Senators fan going back to when he was a kid. He even still has a wooden bat from when he went to a bat give away day back in the Sixties.

Have you checked out our Facebook and Instagram posts lately? If not, you're missing out! Chrysta, our very own "Queen of Halloween," has thoroughly decked out our office with all kinds of spooky fun! (Check out the last page of the newsletter for a picture of one of her additions to our lobby's décor!) We love holidays around here, and Halloween is one of our favorites. A few years ago we really went all out decorating – we even had a full-size, creepy clown that kept popping up around the office. I wonder where he went...

Until next month. Happy Halloween!  
Michele

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*Call & Get Your FREE Book "Ultimate Guide to Workers Compensation in Virginia"*

### Word of the Month...

Studies have shown your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends (and maybe even fatten your wallet!)

**hack** (hak) verb and noun

**Meaning:** The familiar word "hack" has gained new meanings in recent years. Today, it can also mean changing a computer program or it can be a clever solution to a problem.

### Sample Sentences:

"She hacked the software so each employee could see their remaining vacation time."

"A simple recipe hack updated an old family favorite to accommodate food allergy issues."

### Moody Front Door?

What feelings does your front door's color inspire? Here are a few color families and the emotions they're associated with.

Red: Bold, exciting

Yellow: Energetic, happy

Green: Safe, calming

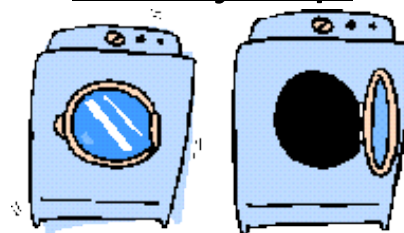
Blue: Relaxing, trustworthy

White: Balanced, clean

### Easy pH Testing for Soil

Want to find out if your soil is alkaline or acidic? You only need two ingredients. Mix some soil with vinegar, and some with baking soda. If the vinegar sample bubbles your soil is alkaline. If the baking soda sample bubbles, your soil is acidic.

## Laundry Help!



### 4 Reasons to Use Vinegar in the Washing Machine

A little white vinegar in the rinse cycle of your wash can do wonders! And with the small amount used, your clothes won't smell like salad dressing. Here are only a few great benefits.

It's a natural fabric softener. Skip the chemicals.

It helps colors stay vibrant. Vinegar sets dyes, so it'll keep your colorful duds brighter longer.

It helps keep the washing machine clean while it's washing your clothes.

It helps dissolve powdered detergents, especially if you're washing with cold water.

Note: Never use vinegar in combination with bleach; the mix creates a toxic gas.

### Smart Sheet Storage

Don't you hate having to dig for the matching pillowcases for your sheets? Or the fitted sheet that goes with the flat sheet on top of the pile? Make changing the bed linens easier by storing sheets differently. Fold all pieces of a sheet set (fitted sheet, flat sheet, and pillowcases) into a neat pile, leaving one pillow case out. Slide that neat pile into the remaining pillowcase. No more hunting for missing pieces when you're making the bed!

### How to Un-Shrink Clothing

Don't toss that beloved shirt just yet, even though it shrank in the dryer. Try this un-shrinking trick first!

Soak garment in lukewarm water with about a capful of baby shampoo.

Squeeze out – but do not wring or rinse.

Remove excess moisture by rolling tightly in a clean towel.

Reshape garment on another clean towel, stretching gently to its original size.

Leave to air dry.

The shampoo used shouldn't be enough to require re-washing immediately, but when you do wash that item again just remember to keep it out of the dryer!

### Dryer Hacks

Add a dry towel in with light-colored wet clothes for 15 minutes. The towel absorbs moisture.

To remove wrinkles from a shirt, throw it in the dryer with an ice cube and a dryer sheet for 10 minutes.

Get fluffy towels by adding a couple of balls of aluminum foil to the dryer instead of a dryer sheet.

### Did You Know...

You can wear out your clothes by how you wash them. Natural (cotton, wool) and synthetic (polyester, spandex) fibers need different care.

Read those little labels. They give good advice but you may need to study up on the symbols.

Wash colorful cottons inside out. It will reduce the friction.

Use only low-heat in the dryer for synthetics. Better, try to line dry.

Get the best of both worlds. Look for clothes with a blend of cotton and polyester.

If you can get away with it, launder less often. Clothes will keep their color and shape longer.

## Brain Teaser...

What's the difference between a student who's studying and a farmer who's watching the herd? (Hint: mind)  
(See page 4 for the answer.)



## IWLF is pleased to spotlight 28:19 Ministries

28:19 Ministries is a new non-profit in the Richmond, Virginia area! What began as a 3-year partnership between a local church and missionaries in Belize has become so much more. 28:19 Ministries was born out of a deeper calling to go anywhere the Lord leads us. 28:19 Ministries exists to go where we are called in Jesus' name, expressing our love for Him by serving others and empowering them to take their next step of faith in Jesus. We would be honored to have you visit our website and get involved in our mission!

### Website:

[www.2819ministries.org](http://www.2819ministries.org)

### Instagram:

@2819ministries

### Facebook:

@2819ministries

*"Go ye therefore and teach all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."  
Matthew 28:19*



## Stress-Free Family Flying

Traveling is a great way to build memories with your family — if done thoughtfully. With the holidays coming up quickly here are some easy ways to make your airplane trips glide along more smoothly!

- Board early. Most airlines invite families to board first, so take advantage to get settled in.
- Avoid busy airports and peak travel times. Mid-week, early and mid-mornings, and late at night are good options.
- Come prepared with entertainment. Pack coloring books, games, crayons, stuffed animals, movies on a portable DVD player, and anything else that might keep your kids busy.
- Pack your carry-on bag with an assumed 48-hour delay. This means you've got a change of clothes, diapers, necessary medications, and enough to entertain the whole family should your original travel plans be thrown off track. Bring your own snacks as well.
- Avoid unnecessary stops. If possible, fly straight to your destination.
- Choose seats that let you keep a bag within arm's reach. This means avoiding the bulkhead seats, even if they have extra room.
- Take your child's car seat on the plane with you (especially for your child under two years old!) They'll have a familiar place to sit AND they'll be protected from turbulence. You'll need it on the other end of your trip anyway and it's not safe to check them with your luggage because they are often damaged by rough handling during the flight.

## Take a break and exercise your mind!



## Halloween Word Search



AMULET	APPARTITION
BATS	BLACK CAT
BOO	BRIMSTONE
CAKLE	CAULDRON
COBWEB	CONJURE
EERIE	FRIGHTFUL
GHOST	GOOSE BUMPS
JACK-O-LANTERN	MOON
MYSTERIOUS	PHANTOM
POTION	PUMPKIN
SKELETON	SPELL
SPOOKY	TRICK OR TREAT
TWILIGHT	WITCH

Ha ha ha!

Why do ghosts make good cheerleaders? Because they have a lot of spirit.

Who did Frankenstein take to the dance? His "ghoul" friend!

What is the most important subject a witch learns in school? Spelling.

When is it bad luck to be followed by a black cat? When you're a mouse.

**Brain Teaser Answer:**

The student is stocking the mind while the farmer is minding the stock!



DISCLAIMER: The information contained in this letter is intended for informational and amusement purposes.

It should not substitute as legal, accounting, investment, medical, or other professional services advice. Always seek a qualified professional for answers to your specific questions.

**For Our Attorney Referral Partners**

If you are one of our attorney referral partners, we **thank you** for the people you've allowed us to help this past month. If this month you find yourself with a workers compensation case that you can't handle; give that person the Injured Workers Law Firm number (804-755-7755) and make sure they let us know that you made the referral.

That way we know who to thank!

**Phone (804) 755-7755**

**Toll Free (877) 755-7744**



**A sample of Chrys's handiwork!**

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## Who else wants to win movie tickets for two?

Guess who won last month's Trivia Question? I'm pleased to announce the two lucky winners of last month's quiz! And the winners are...drum roll please:

**Christianne Queiroz, Esq. & Megan McLaughlin**

(both from Richmond, Va.)

were the first two people to correctly answer my quiz question. Congratulations!

**The oldest ice skates found so far date back to 2000 BC.**

**In what country were they found?**

**a) Canada b) Sweden c) Russia d) Finland.**

The answer is: d) Finland. They were made from sharpened shinbones or jawbones of cattle. So, let's move on to *this* month's trivia question.

**What Southeast Asian capital went by the name "Batavia" for more than 300 years before the name was changed to its current moniker?**

**a) Manila b) Bangkok c) Jakarta d) Kuala Lumpur**

Email Bob at [rbusch@injuredworkerslawfirm.com](mailto:rbusch@injuredworkerslawfirm.com)

*and you could be one of our next winners!*

**DON'T FORGET TO PUT "TRIVIA QUESTION" IN THE SUBJECT LINE!**