

Brain Teaser Answer:
It was Noah's ark!



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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!

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Famous Authors with Surprising "Day Jobs"

- Margaret Atwood: waitress
- Agatha Christie: pharmacist
- Toni Morrison: textbook editor
- Jack London: oyster pirate
- Harper Lee: airline ticket inspector
- Octavia Butler: potato chip inspector
- Stephen King: high school janitor
- John Grisham: plumber
- George Orwell: police officer
- Douglas Adams: bodyguard
- Arthur Conan Doyle: surgeon

Want to learn more? Check out:
<https://experteditor.com.au/blog/the-surprising-day-jobs-20-famous-authors/>

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Michele S. Lewane
Founder of IWLF

**November 2019
Richmond, VA**



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Quotes To Live By...

"In the long run, the pessimist may be proved to be right, but the optimist has a better time on the trip."
-Daniel L. Reardon

"It is one of the blessings of old friends that you can afford to be stupid with them." - Benjamin Franklin

"I work very hard, and I play very hard. I'm grateful for life. And I live it - I believe life loves the liver of it. I live it."
-Maya Angelou

"The best way for a person to have happy thoughts is to count his blessings and not his cash." - Anonymous

"If you cannot get rid of the family skeleton, you may as well make it dance." - George Bernard Shaw



Dear Folks,

It has been a real emotional roller coaster month for myself and our family. It started out with Bob and me going on a pilgrimage to the Holy Land in Israel. It was a spectacular experience for both of us. I have come back with a true understanding of what it was like in biblical times when Jesus was on earth. If you want to hear more about it, give me a call. You definitely would want to consider going to the Holy Land, no matter what faith you are!

This month I lost my other Mom whom you saw in our September newsletter. She was known as Margaret, Momma, Maggie, or Grandma B. She was the love of so many people's lives, and at a ripe old age of 99 passed away peacefully and ready to be with Jesus. In fact those were her words the night before. We got to all say good bye and it was real tough to do. Bob had her for 64 years- so he is sad but knew it was going to happen one day soon. She had a very comfortable life to the end. I want to thank Bob's brother Paul and his partner Tim for being awesome caregivers for these last three plus years. She could be a handful but I know they loved her and treated her well.

Thanksgiving is upon us and we have invited our family to come to our house. Hopefully we will spend time remembering Margaret and sharing our photos from the Holy Land. Grateful is what I feel during Thanksgiving. We have such a wonderful country and so much opportunity to love and share one another's abilities and talents. I'm also thankful for all of you and the opportunity to reach out to you every month with our newsletter. Did you know that our very first newsletter went out for November 2009?! It's hard to believe it's been ten years!

Our IWLF team has our annual Thanksgiving Potluck Lunch that Chrys is always happy to put it together. It's one of many things we try to do in a dry run before Thanksgiving and we have so much fun. We get to taste our teams' favorite dishes to make (or buy!) based on their cooking prowess! Irene's husband Konrad wanted Sushi for Thanksgiving and Irene is fine with that. She doesn't have to cook a bird! I hope their sons are okay with-it!


There's been a LOT of traveling lately for our team members. Sarah B. went back to Coastal Carolina to her first Homecoming as an Alumni and Becky took Joy to Boston last week for her first Synchronized Skating competition of the season. We're really looking forward to seeing Joy skate in the SkateNation Plus annual Holiday Show (December 18 & 19.) We don't usually get to see her skate in person, so it will be a real treat!

Hope your Thanksgiving is stupendous! See you next month!

Michele

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 Facebook.com/VirginiaInjuredWorkersLawFirm

 Instagram.com/injuredworkerslawfirm/

 YouTube: youtube.com/user/WorkersCompLawyer

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:

Norman Nortledorf of Richmond, Va. & Maria Stephenson of Norfolk, Va.

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

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

The answer is (c) Jakarta

Indonesia's capital city was called Batavia from 1619-1942 when it was a Dutch colonial capital. So let's move on to *this* month's trivia question.

Which one of the following does NOT have to do with honey bees?

- a) Krill b) Melittology c) The genus Apis d) Royal jelly

Email Bob at rbusch@injuredworkerslawfirm.com and you could be one of our next winners!

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

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!)...

Data Mining (day-ta or dah-ta myning) noun

Meaning: Sorting through large sets of data, and finding new patterns or information

Sample Sentence: Many social media companies use data mining to look at information about their users to form opinions, conduct research and sell ad space (social media mining).



How to Nap

Think you have napping down pat? Nap correctly for the best benefits.

- Power Nap:** Set your alarm for no more than 15 minutes. Benefits: Memory improvement and more awake.
- Deeper Snooze:** You should be able to wake up easily after 30 minutes. Benefit: Less groggy, more rested.
- Full-on Nap:** 90 minutes gives a full sleep cycle. Benefit: As much rest as a full night of sleep. Don't do this one within 4 hours of your normal bedtime.

A very special THANK YOU to everyone who has referred clients to us! We appreciate your continued faith in us and are grateful that you trust us with your friends, family, patients, and clients.



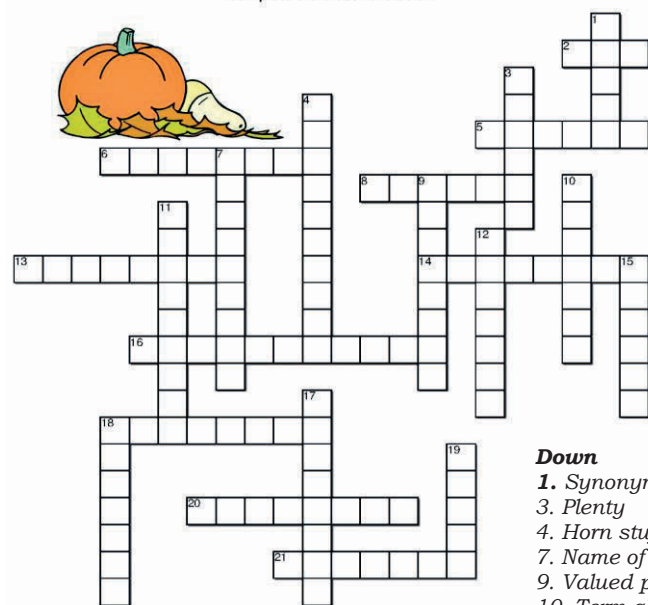
Reflections on Gratitude

It's easy to get caught up in the stress and business of the season, so we wanted to take a minute and reflect on what we're thankful for in 2019!

- Michele** I'm thankful for my wonderful life, a job that I love, a feeling of purpose, and the friends and family with which God has blessed me.
- Bob** I'm thankful for my faith, my wife and kids, a team at IWLF that I can be proud of, my good health and being able to do most anything.
- Lori** I'm thankful for staff that keeps me sane and on task, Costco roasted chicken because my dog won't eat without it, and Christmas baking.
- Andrew** I'm thankful for my fantastic, hard-working, dedicated staff, and for cheesy '80s song lyrics.
- Stephanie** I'm thankful for my family, health, friends, and weekends.
- Chrys** I'm thankful for naps, baking experiments and testing them out on family & friends, and being able to laugh.
- Sheena** I'm thankful for my family, my puppies and all the wonderful people in my life – and the fact that my 30 year old furnace is still working – It's cold in Ohio!!!
- Emily** I'm thankful that my 4 year old does not like peanut butter. So when I'm eating ice cream or chocolate and don't want to share, I tell him it has peanut butter in it!
- Sarah B.** I'm thankful for God and my family, health and happiness, getting to work with great people, and of course my beautiful, angelic cat. (And also, all you can eat sushi!)
- Sarah L.** I'm thankful for my family (with and without fur!), my friends, and my awesome new job at IWLF.
- Becky** I'm thankful for sunshine and coffee, good music for long road trips, my precious granddaughter and that my kids are growing up to be great people.
- Irene** I'm thankful for my family, coffee, Jesus, and vacations!
- Faith** I'm thankful for my family, my betta fish, Bubbles, my kitty cats =, Murphy and Violet, my job, my running friends, my health, and all the blessings God has given me.
- Michelle O.** I'm thankful for God, my family, my job, my pets, my friends and best friend, being alive, and the people around me who have encouraged me to do better and keep going.

Thanksgiving

Complete the crossword below



Across

- Turkey alternative
- Thanksgiving bird
- Month
- Internal organs of a fowl
- Sport commonly watched
- Seasoned bread or fillings inside poultry
- Special activities that commemorate something
- One of the oldest towns in SE Massachusetts
- Sauce for salads, etc.
- Season when crops are collected

Down

- Synonym for corn; pale yellow
- Plenty
- Horn stuffed with foods, berries etc.
- Name of ship that sailed to the New World (1620)
- Valued praise, favor or benefit
- Term also meaning Native American
- Small, sour and dark red berry
- Orange vegetable used in pie
- Distinct cry of the male turkey
- Day of the week
- One of the band of Puritans who journeyed to America
- Unusually abundant meal

"It is only with gratitude that life becomes rich."

Dietrich Bonhoeffer

Brain Teaser...

How many of each species did Moses take on the ark with him? (See page 4 for the answer.)



Horse Troubles

A cowboy had two horses, but he couldn't tell them apart. He cut off one horse's mane, but it grew back. He cut off one horse's tail, but that also grew back. Frustrated, he told his friend about the problem and the friend suggested that he measure them to see which was taller. The cowboy measured them and was relieved. "What a great idea! The black horse was 2 inches taller than the white one and now I'm sure I can tell them apart!"



Websites to Manage Passwords

Have you counted how many passwords you're managing for all your online accounts? The number may astound you! You can save them all in one secure password manager, so you only need to remember ONE password.

www.lastpass.com – There's a free version and an inexpensive upgrade that comes with larger storage and tech support.

www.keepersecurity.com – This inexpensive option also has face ID and fingerprint login, with unlimited storage.

www.dashlane.com – Highly-rated Dashlane is free (you can upgrade to a Business version), and you can download the app to take it everywhere on all your devices.

A Beautiful Day in the Neighborhood

"A Beautiful Day in the Neighborhood" is a film inspired by Mr. Rogers and his real-life friendship with Esquire reporters Tom Junod. The upcoming premier of the film lends itself to learning more about the man that taught generations of children that they're loved – just the way they are. Fred Rogers was a seminary student when he began working with child psychologist Margaret McFarland, who would play a significant role in the development of "Mr. Roger's Neighborhood." According to an article (linked below) by Sally Ann Flecker from 2014, "So much of Rogers' thinking about and appreciation for children was shaped and informed by McFarland's work—actually by her very being—that to know and love Mister Rogers is to know and love Margaret McFarland."

The major tenants of the show came directly from (or were inspired by) McFarland and can help us all be better people:

"Anything human is mentionable, and anything mentionable is manageable." This means that if it matters to you, it matters to talk about it, and if you talk about it, you can work through it. "Attitudes aren't taught, they're caught." Your attitude is contagious – make sure it's worth catching!

"Learning depends on love." While particularly aimed at children, everyone learns better when they feel loved and valued.

"Play is the work of childhood." In a time during which play was being dismissed as useful to the children of the word, McFarland showed that children learn through play.

"Be an observer." Be aware of what's going on around you.

"Look to the helpers." During times of disaster, Rogers famously told kids to, "Look to the helpers. You will always find people who are helping." While his mother taught him this lesson, many believe that McFarland was his real-life example. She never had a family of her own, but selflessly spent her life to helping other people's children.

McFarland was a noted child psychologist in her own right, having worked closely with other giants of the child psychology world, including the famous Dr. Benjamin Spock.

- <https://www.fatherly.com/health-science/margaret-mcfarland-science-mister-rogers>
- <https://www.pittmed.health.pitt.edu/story/when-fred-met-margaret>

Are you looking to switch things up on your holiday table this year? Try this recipe from www.kitchentreaty.com!

Three Bean Sweet Potato Salad

INGREDIENTS:

- 1 pound sweet potatoes (about 2 small or 1 large), peeled and cut into 1/2-inch pieces
- 1/2 pound green beans, trimmed and cut into 1 1/2-inch pieces
- 1 cup cooked chickpeas
- 1 cup cooked kidney beans
- 1/2 cup chopped red onion (about 1/2 small onion)
- 1/4 cup extra virgin olive oil
- 3 tablespoons apple cider vinegar
- 2 tablespoons pure maple syrup (granulated sugar would also work)
- 1 teaspoon stone-ground mustard or other brown mustard
- 1/4 teaspoon kosher salt + more to taste
- 1/8 teaspoon ground black pepper + more to taste
- 1/4 cup chopped fresh parsley (either Italian or curly work)

DIRECTIONS:

- Fill a large pot halfway full with water and place over high heat. Add a few pinches of salt to the water if desired. Bring water to a boil. Carefully add the sweet potatoes and boil until almost fork-tender, 4-5 minutes. Add the green beans and cook for three more minutes, until bright green and tender. Drain and let cool slightly. Add to a large bowl along with the chickpeas, kidney beans, and onion. Stir gently to combine, trying not to break up the sweet potatoes.
- To a small bowl, add the olive oil, vinegar, pure maple syrup, mustard, salt, pepper, and parsley. Whisk until combined. Pour over the potatoes and beans. Toss gently to coat veggies with dressing. Taste and season with additional salt and pepper if desired. Serve immediately for a warm potato salad (my preference) or chill until ready to serve.