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Quotes to Live By...

"Deep and simple are far, far more important than shallow and complicated and fancy."
—Fred Rogers

"I think you should take your job seriously, but not yourself—that is the best combination."
—Dame Judi Dench

"Before you marry a person, you should first make them use a computer with slow internet to see who they really are."
—Will Ferrell

Dear Folks,

Earlier this month, I had the pleasure and the privilege to tour The Mill House whom we have been proud supporters for years. It is a club house program for survivors of brain injury. The way it is organized and ran is amazing. It gave me a chance to see how brain injured folks develop everyday living skills and participate in a structured work-ordered day. I want to thank everyone on the staff and the members for inviting our whole IWLF team for the tour. I also was glad that Sarah Busch went to the General Assembly to show our support on Va. Brain Injury Awareness Day last week.

We want to welcome our two newest team members Amy Shields and Arian Fisher. They will be working in tandem with Lori D'Angelo's clients. They both bring a tremendous amount of experience and we are glad to welcome them aboard.

Sarah Busch, our daughter (and, I might say, a heck of a marketing assistant for us!), was gracious enough to take care of our pets while we were in the Virgin Islands for our annual sailing excursion. It was a great trip that included lobster dinner in Anegada, crossing over to Virgin Gorda, riding a cab up a tiny, winding road to the top of a mountain, overnighing in Great Harbor on Peter Island, then a high wind run down Sir Francis Drake Channel. We then checked back into the US at St. John and spent a couple of days playing in the US Virgin Islands. No more vacations are allowed till next year! Three day weekends are going to be it for a while.

Lori D'Angelo lost her cat, Asta, in mid-January. She got him when she fresh out of law school in 1999. She had just started her first job after taking the bar exam. Lori says the office manager brought this tiny little black kitten into the office, telling her that he was the runt of a stray litter that had been dropped on the office manager's doorstep. He fit into the palm of Lori's hand when she first took him home. Lori named him after the dog in "The Thin Man" movies from the 30's and 40's because Lori loves mysteries. Lori and her husband have also fostered dogs, so Asta helped. He ensured that over 40 foster dogs were cat friendly, which helped in getting them adopted. He lived to be over 20 years old, (technically in four decades), which is a long time for a cat. He will be missed terribly. Amazing to say the least.

Until next time,
Michele

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!)

hipsturbia (hip-STUR-bee-ah) noun

Meaning: informal term for a real estate trend in which millennials are moving from the city to suburbs (as long as they're walkable and have a thriving town center)

Sample Sentence: Young people who want affordable housing and older generations looking to downsize are helping to create—and sustain— “hipsturbia.”



Valentine's Day Trivia

<https://www.womansday.com/relationships/a4702/10-fun-valentines-day-facts-103385/>

- ♥ Valentine's Day is believed to date back to St. Valentine defying a ban on Roman soldiers marrying. St. Valentine was executed on February 14
- ♥ The oldest recorded Valentine's Day card was a poem written by Charles, Duke of Orleans, to his wife while imprisoned in the Tower of London in 1415.
- ♥ The machine that produces candy hearts was invented to make medicine!
- ♥ Richard Cadbury introduced the iconic heart-shaped box of chocolates in 1868.
- ♥ Cupid is the son of Venus, Roman goddess of love and beauty. His arrows pierce hearts to allow love to bloom.
- ♥ During the middle ages young people drew names to find their “true love” and pinned the name to their sleeves for a week to show everyone who they picked – literally “wearing their heart on their sleeve.”



Thoughts on Love...

- ♥ “You know you're in love when you can't fall asleep because reality is finally better than your dreams.” — Dr. Seuss
- ♥ “It is not a lack of love, but a lack of friendship that makes unhappy marriages.” — Friedrich Nietzsche
- ♥ “Love all, trust a few, do wrong to none.” — William Shakespeare
- ♥ “Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.” — Lao Tzu
- ♥ “Love is that condition in which the happiness of another person is essential to your own.” — Robert A. Heinlein
- ♥ “You don't love someone because they're perfect, you love them in spite of the fact that they're not.” — Jodi Picoult
- ♥ “Where there is great love, there are always miracles.” — Willa Cather
- ♥ “We're all a little weird. And life is a little weird. And when we find someone whose weirdness is compatible with ours, we join up with them and fall into mutually satisfying weirdness—and call it love—true love.” — Robert Fulghum
- ♥ “Love is keeping the promise anyway.” — John Green
- ♥ “When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too.” — Paulo Coelho
- ♥ “Perhaps all the dragons in our lives are princesses who are only waiting to see us act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love.” — Rainer Maria Rilke
- ♥ “We are who we are, because of those we choose to love and because of those who love us.” — Kate Mosse
- ♥ “Where there is love there is life.” — Mahatma Gandhi
- ♥ “I have decided to stick to love...Hate is too great a burden to bear.” — Martin Luther King Jr
- ♥ “Love doesn't just sit there, like a stone, it has to be made, like bread; remade all the time, made new.” — Ursula K. Le Guin
- ♥ “Love does not consist of gazing at each other, but in looking outward together in the same direction.” — Antoine de Saint-Exupéry
- ♥ “It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done.” — Vincent Van Gogh
- ♥ “When the power of love overcomes the love of power, the world will know peace.” — Jimi Hendrix
- ♥ “Love is a better master than duty.” — Albert Einstein
- ♥ “Have enough courage to trust love one more time and always one more time.” — Maya Angelou
- ♥ “Love is like a brick. You can build a house, or you can sink a dead body.” — Lady Gaga
- ♥ “Love can change a person the way a parent can change a baby- awkwardly, and often with a great deal of mess.” — Lemony Snicket
- ♥ “Love is how you stay alive, even after you are gone.” — Mitch Albom
- ♥ “Love is not affectionate feeling, but a steady wish for the loved person's ultimate good as far as it can be obtained.” — C.S. Lewis
- ♥ “The greatest happiness of life is the conviction that we are loved -- loved for ourselves, or rather, loved in spite of ourselves.” — Victor Hugo
- ♥ “And now these three remain: faith, hope and love. But the greatest of these is love.” — Holy Bible

Brain Teaser...

We are two sisters, one dark and one fair. In our twin towers, we make quite the pair. One is from land and one from the sea, tell us, can you, who are we? (See page 4 for the answer.)

Did You Know...

That lemons contain more sugar than strawberries? The only reason lemons aren't sweeter than strawberries is that the former also contains lots of citric acid—which gives the fruit its characteristic sour taste.



"9 THINGS WE LOVE ABOUT SHEENA!"

In honor of Sheena's 9 YEARS with IWWF, we're sharing just a few things we love about her!!

- 1. She is always willing to help & has such a kind heart!*
- 2. She is reliable & works very hard!*
- 3. She has a wicked sense of humor & is a ton of fun!*
- 4. She inspires us all with her love for others - especially dogs!*
- 5. She is a great teacher & a lovely person.*
- 6. She knows what it takes to help injured workers - no matter what their circumstances.*
- 7. She is sweet and patient with all of us & all the people who call.*
- 8. She is very down to earth & knows what she is talking about.*
- 9. Sheena is empathetic, professional and shows kindness 24/7. Her positive attitude spreads to those around her!*

**THANK YOU
FOR ALL YOU DO!
HAPPY ANNIVERSARY,
SHEENA!**



5 Ways Adults Can Make New Friends



When we were kids, making friends was as straightforward as marching up to a new face and asking if they wanted to play. As adults, however, forging new friendships can be a little more challenging. Here are a few things to try when you want to expand your circle of like-minded friends:

- **Join a Book Club:** Look for local groups that already get together and do things you like to do (substitute "book club" for "knit night," "jogging group," "wine tasting," or whatever else you enjoy). Meetup.com is a great place to start.
- **Do Volunteer Work:** When you're passionate about a cause, it's wonderful to hang out with others who are, too. Chances are there's a food bank, animal shelter, or library near you that has an active volunteer program.
- **Take a Class:** Many community colleges have night classes on hundreds of subjects, from gardening to languages to art history. Craft shops often have regular classes, too, like embroidery or wood carving. And, of course, an exercise class at your gym is always a popular spot to meet new folks.
- **Go on An Organized Tour:** There are tour operators that specialize in trips for solo travelers—and it's not hard to bond with a fellow adventurer on the same trip. Just be sure the trip you're taking is geared toward people traveling alone (you don't want to end up the only single traveler in a group of couples).
- **Host a Friends-of-Friends Gathering:** Invite some good friends over with the stipulation that they each bring a good friend you don't already know. Everyone's been vetted by someone you trust, and multiple people get to expand their friend network.

No matter which method (or methods) you try, remember that just showing up isn't always enough. Someone has to start talking! Be prepared to introduce yourself to people with a compliment or question to strike up a conversation about your mutual interests.

"A friend is someone who knows all about you and still loves you." — Elbert Hubbard



"Bee" Kind to Bees

When making gardening plans, don't forget to provide drinking water for valuable pollinators like bees and butterflies. Creating your own bee watering hole is easy—and, if you use colorful marbles, it's an attractive addition to your landscaping.

- ♥ Fill a shallow dish (like the base of a planting pot or even an aluminum pie dish) with small rocks or marbles.
- ♥ Pour water into the dish, making sure the tops of the rocks or marbles are exposed so the insects have somewhere to land.
- ♥ Check the water level regularly (especially when it's hot and the water is evaporating more quickly).

**Brain Teaser Answer:
Salt & pepper!**



Online Greeting Card Websites

Never miss another birthday, anniversary, or special occasion!

www.HallmarkEcards.com – A subscription site with hundreds of cards for every occasion from the classic card maker.

www.BlueMountain.com – Brighten someone's day with greetings from one of the first e-card providers.

www.PaperlessPost.com – Customize cards and invitations with photographs and event details.



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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!

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Who else wants to win movie tickets for two?

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:

Millie Turner of Colonial Heights, Va.

& Kenneth Miller of Richmond, Va.

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

Which real-life shipwreck inspired Herman Melville's Moby Dick?

a) The Two Brothers b) The Essex c) The Charles Carroll

The answer is b) The Essex. Launched in 1799, the ship was sunk by a sperm whale in 1820. Only eight of the original crew of 20 survived, found drifting at sea in a small whaleboat three months after the ship sank!

So let's move on to this month's trivia question:

Which of these cities did a volcano destroy in 79 AD?

a) Pompeii and Atlantis

b) Micenum and Mt. Vesuvius

c) Pompeii and Herculaneum

d) Micenum and Mt. Vesuvius

**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!