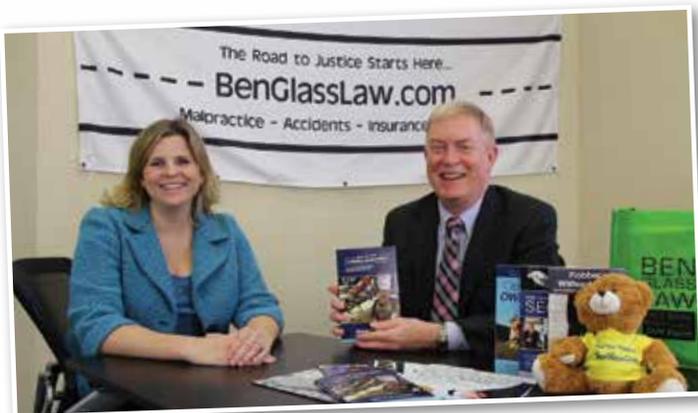


New Video Interview with Virginia Workers' Compensation Attorney Michele Lewane *by Ben Glass*



The entire playlist from Michele's interview is available on our YouTube channel at www.LegalAcademyVideos.com

for legal questions in the area. In fact, we love it! It's a great source of pride for us.

If you're hurt on the job, though, that's a workers' compensation case, which we don't handle at BenGlassLaw. Luckily, we have a great friend in Virginia who does. Simply put, Michele Lewane is a fantastic workers' compensation lawyer, and we refer clients to her frequently. You know how we do things here, though. We don't just want to give you her number, we want to give you a boatload of free information.

Michele recently stopped by our video studio to answer your frequently asked questions about workers' compensation cases. The entire playlist is available on our YouTube channel at www.LegalAcademyVideos.com, but we wanted to give you a taste here in the newsletter. Without further ado, here are some of the most popular frequently asked questions we covered about workers' compensation. As always, thanks to Michele Lewane for her time, and an extra special thanks for making her new book, *The Ultimate Guide to Workers' Compensation in Virginia*, available FREE through our website www.FreeLegalBooks.com!

If I make a workers' compensation claim, am I going to get fired?

It is illegal for an employer to fire an employee for filing a workers' compensation claim. However, in Virginia, you are an "employee at will," so some employers who are a bit "shady" might fire you for another excuse. Usually, that doesn't happen. What's more common is that someone is out of work for six months, a year, two years, and the employer can no longer hold the position open. Part of a workers' compensation lawyer's job is to protect workers from unfair or unjust firings.

Do I have to prove whose fault the injury was?

Absolutely not. It's a "no-fault" system. You just have to prove you were hurt on the job

We get a lot of calls every week asking about workers' compensation cases. It makes sense. We handle so many different kinds of injury cases—from car accidents to medical malpractice to long-term disability—and we give away so much free information, that it's natural that we've become the central hub

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If You've Ever had a Child in a Youth Sports League...

My son, Matt (14), absolutely loves soccer. I've experienced every side of it (parent, coach, player, referee, you name it), so I always look forward to his matches.



My son, Matt, pictured with his Division 6 soccer team.

But as we all know, when it comes to youth sports leagues, there can be some behavioral issues... from the parents, that is! Recently, I sent out an email to the team's parents, and I wanted to share it with you all since it highlights a bit of how I think people should be treated and how life should be approached:

Here are some thoughts about soccer, referees, and our roles as parents. Just my thoughts, nothing more.

- 1 We will get good referees and we will get bad referees. As a Division 6 team playing one of hundreds of games on any given day, you can expect more bad than good. It's just math.
- 2 Bad referees don't even know they are bad, so yelling at them does nothing to change the game for us.

3 What yelling at a referee CAN change is the attitude our players have toward match officials and adults in general. Read that again and think about it for a moment.

4 Nothing good can come from engaging the other team's parents in a negative way. On the other hand, walking up to one of them before a game and introducing yourself would be cool, unexpected and amazing.

5 If the other team's parents are jerks, remember #4.

6 We should cheer positively for our players. And stop there.

7 We should never cheer a yellow or red card that a 14-year-old opponent gets. That's somebody's son who just made a mistake.

8 At the end of the day, we are developing citizens of the world—is what you are about to say to a match official, parent or player moving toward THAT goal?

9 Refereeing is hard. Sign up to take the course to learn how hard it is. It isn't easy. See my video at www.ICanRef.com ■

Ben Glass (Matt's dad)

Definitely go see the video I put up at that website (www.ICanRef.com). If you've ever wanted to give a parent a "yellow card" for giving the referee a hard time, this is the place to go!

A Crazy Statistic from amazon.com*

Apparently, Amazon has punched some numbers from last year's holiday season, and it turns out that the company shipped enough items during that time to deliver at least one gift to every household in America. And I thought Santa Claus had it rough.

Get this: those shipments were just through its premium Amazon Prime membership alone! The Amazon Prime service, which offers things like free two-day shipping on a lot of items, free Kindle books, etc., saw more than 1 million new subscribers from around the world during the third week of December 2013. If I were working in the retail world, I'd be more than a little worried.

It wasn't always that way, though. When something already exists, you think, "Oh, of course that company is around, customers want that," but if it didn't already exist and someone was trying to pitch you the idea of Amazon, you'd probably call them crazy. Just how the heck do you plan to sell everything? How will you ship to people in time? The sheer scale of the logistics and planning required seems impossible.

These are the sorts of things people were saying to Jeff Bezos, the founder of Amazon, more than 15 years ago. It's an interesting case study in business and leadership, because when you really think about it, he's almost accomplished the impossible. Jeff has become a bit of a cult figure in the entrepreneurial world, thanks a lot to the new bestseller *The Everything Store: Jeff Bezos and the Age of Amazon* by Brad Stone (available at, you guessed it, Amazon). Bezos's methods are a bit, shall we say, unconventional.

It does take a bit of lunacy to build a company from nothing into something that sells \$61 billion a year and employs 90,000

people (in less than two decades). At the age of three, Bezos took a screwdriver and deconstructed his crib because he insisted on sleeping in a bed. After graduating from Princeton in 1986, he moved from hedge funds into the world of online book sales, delivered by mail. Bezos wasn't content to just be a fashionable online bookseller, though. The result at Amazon is a culture of secrecy and relentless ambition.

One observer, when asked to describe how Bezos treats his employees, said, "If you're not good, Jeff will chew you up and spit you out. And if you are good, he will jump on your back and ride you into the ground." He'll often go on lofty, deranged rants that his workers call "fever dreams" or "nutters." No one can deny, however, that his work is brilliant. Amazon has survived booms and busts, and is one of the few survivors of the original dot com bubble burst of the late '90s. ■

We love reading about and studying these kinds of entrepreneurs here at BenGlassLaw. There's always something to glean from other industries. Often, that's where the best ideas are! I've written a brand new book this year called *Carry Your Own Leash: An Entrepreneur's Guide to Autonomy and Success*, which I'm offering to this month's readers FREE (better hurry up before I change my mind). Email staff@benglasslaw.com with the subject line *Carry Your Own Leash*, along with your mailing address, and we'll get one sent your way.



BGL's Best Bites IRISH BOXTY (POTATO PANCAKE)



A BGL favorite for St. Patrick's Day!

Ingredients:

- 1 ½ cups grated raw potatoes
- 1 cup flour
- 1 egg
- 1 tablespoon milk
- Salt and Pepper to taste
- ¼ cup olive oil

Preparation:

- 1 Toss the grated potatoes with flour in a large bowl. Stir in potatoes until combined. In a separate bowl, whisk together the egg and milk; mix into the potatoes. Season to taste with salt and pepper.
- 2 Heat the olive oil in a large skillet over medium-high heat. Drop in the potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3 to 4 minutes per side. Drain on a paper towel-lined plate. Serve warm.

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New Video Interview with Virginia Workers' Compensation Attorney Michele Lewane

with specific injuries, and that you had an injury related to work during normal work hours. So, say you're a salesperson and you got in a car accident while driving to a sale. That would be covered. But if you decided to deviate on your way to the sale and go see a friend, that car accident would not be covered. Workers' compensation attorneys are good at helping you find out whether you're covered if the case is unclear.

What benefits am I entitled to?

There are lots of benefits you can receive, but two are the most important. The first is Lifetime Medical Benefits—as long as you live, and as long as the injury and medical condition related to that accident persist, you may receive financial assistance to be treated by your doctor. The second is Lost Wages. This is two-thirds of your average weekly wage for up to 500 weeks. Sometimes, the benefits can be extended beyond 500 weeks.

There are also things like Death Benefits, so that an injured person's family can receive help should he or she pass away, and Permanent Partial Disability benefits, which is where you permanently lose function in an arm or ear or other part of your body and need long-term financial assistance.

Do I need a lawyer to pursue a workers' compensation claim in Virginia?

Actually you don't. You can do it on your own. However, there are so many rules and pitfalls and mistakes that I definitely recommend that you at least consult a lawyer at the beginning to see what your best options are. Workers' compensation law gets bigger and more complex every year, which is why you need someone who specializes in it. That's why I let people talk to me and my team for free (855-229-9118), but it's also a big reason why I wrote my free book. I've seen so many people get taken advantage of that I want to educate everyone who comes in contact with me, whether they need me or not. ■



We had a blast shooting video with Michele in our video studio, and our YouTube fans are eating up the content. We love helping entrepreneurs in all kinds of businesses shoot video content for their websites, so if you or a friend would like to find out more about using our studio, contact our video studio manager Colin Lynch at colin@greatlegalmarketing.com.

And don't forget: To get Michele's free book, *The Ultimate Guide to Workers' Compensation* in Virginia, go to www.FreeLegalBooks.com. You can even talk to Michele directly at (855) 229-9118 and let her know that we said hi.

Reminder About Our Firm's Communication Policy

Our promise to you is that while we are working on your case, we don't take inbound phone calls, faxes or emails. Ben Glass takes no inbound unscheduled phone calls whatsoever. It makes him much more productive and helps get your case resolved faster. You can always call the office at 703-544-7876, and schedule an in-person or phone appointment, usually within 24-48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today. Remember, too, that email is "quick," but is checked no more than twice a day. Replies are then scheduled into the calendar. So if it's really important, don't email—call the office instead.

This publication is intended to educate the general public about personal injury, medical malpractice, and small business issues. It is not intended to be legal advice. Every case is different. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

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Do you think that your insurance company "would never spy on you?" Think again... check out this ad I came across for free video spying!

Inside This Issue...

- » Do you have questions about a work injury? We have the perfect video for you.
- » Ben's must-read advice for every parent whose kids play sports in a league.
- » A shocking statistic from Amazon.com
- » And much more...



Employee Spotlight of the Month: Jose Caballe

Attorney Jose Caballe is a man of many talents. He received his B.A. in Government and Spanish from Franklin & Marshall College and his J.D. from George Mason University School of Law. He interned for the Department of Justice and Hamilton Altman Canale & Dillon, one of

the most successful medical malpractice defense firms in Northern Virginia. Well before he entered the legal realm, however, he held a variety of different and interesting positions, including soccer coach, bartender, manager at Abercrombie & Fitch, English tutor, Spanish TA, and golf course lawn boy.

Jose joined BenGlassLaw in 2013. He was interested in the opportunity to dive right into medical malpractice cases. His familiarity with health care law also allowed him to get involved with long-term disability cases. Ben wanted someone to assist him with the groundwork on those cases, and he wanted an opportunity to get inside the courtroom and to learn the intricacies of a plaintiffs' practice, so it was mutually beneficial for both of them. "Plus," Jose joked, "Ben offered me a big office!"

Jose's diverse legal interests, along with his strong work ethic, have made him a vital part of the BenGlassLaw team. Ben praised Jose, saying that he "quickly caught on to the BenGlassLaw way of practicing law, and he has proven to be an invaluable asset to the firm. The clients love him!"

Paralegal Kristen Mayer commented that, "Jose's great work ethic and dedication to the firm are appreciated. I am glad he is a part of the BGL team."

While Jose is undoubtedly passionate about his work, he also knows how to have fun while doing it. Mairim Bartholomew, Executive Director of Client Services for Great Legal Marketing, shared that "Jose has been a great addition to the BGL team. He's really focused on the work he's doing for our clients, but he's also a lot of fun to be around! He can be heard singing in his office regularly and has a great, upbeat personality."

Jose certainly makes BenGlassLaw an energetic and fun place to be, and his enthusiasm helps us to stay focused. We are very fortunate, indeed, to have him on our team! ■