

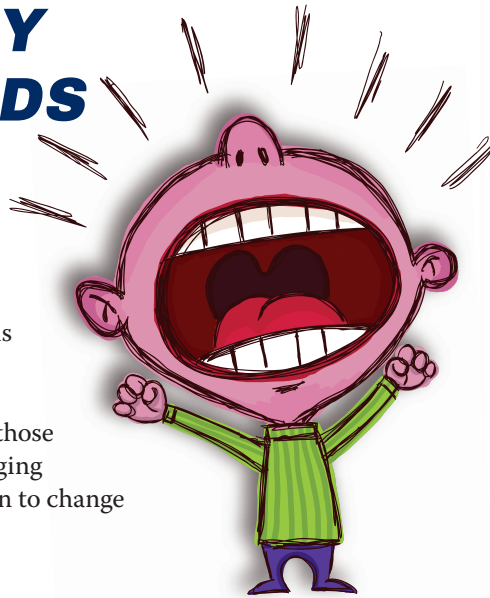


A Monthly Publication of Ben Glass Law
This newsletter is for informational purposes only and no legal advice is intended.

5 WAYS TO STAY CALM WHEN KIDS ARE UPSET

by Kirk Martin

What would it be like to enjoy an entire day of calm? Calm is not an absence of noise, problems or chaos around you. It means that no matter what is happening around you, you experience calm inside AND begin to spread that calm to those around you. Instead of your environment changing you into a Crazy Mom or Freak Dad, YOU begin to change your environment.



The Calm Creed

1. I cannot control other people, how they behave or how they react.
2. I cannot control situations and circumstances—most are beyond my control.
3. When I react to people and circumstances, I surrender power over my emotions.
4. I can only control one thing in life—my emotions, my actions, my reactions.
5. No matter how my child behaves, I will behave. When I “lose it,” I lose my authority. I spread and create the calm I want.

How Can Parents Keep Their Cool?

Realize that we cannot control our kids, nor should we want to. Our primary job as parents is to control ourselves, model proper behavior and teach kids how to control their own emotions. How many of us throw adult tantrums when something goes wrong, then expect our children to remain calm?

(1) Make a Conscious Choice to Remain Calm

No matter what your child or spouse does, remain calm. Screaming or withdrawing emotionally only makes the situation worse. When we are calm, we can be fully engaged and solve problems instead of creating more of them.

(2) Demonstrate Self-Respect

We are not responsible for our children's behavior, attitudes and actions. If your child is in a bad mood, so be it. Choose not to give in to or join his pity party. If your child comes into the kitchen barking orders, you are not obligated to respond. Walk away calmly, go about your business and let your child know that when he's ready to be polite, you'll help him with breakfast. Our children need to learn that they are responsible for their choices, and you are responsible for yours.

(3) Assume a Calm Posture

Each time you approach your child or spouse, ask yourself, “Do I want to have a conversation or a confrontation?” Instead of standing by and barking orders, sit down, put your feet up and relax. It is much harder to yell and lecture when you assume a

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“WE HELP PEOPLE MAKE GREAT DECISIONS ABOUT THEIR LEGAL ISSUES.”

What is BenGlassLaw best known for? It may sound simple, but the truth is that not everyone operates like we do.



Even when we can't help someone directly, we consider it important to make sure that they are matched up with a potential answer to their question or problem. We never “send people on their way.” We are committed to being a positive, useful resource for anyone who has a legal issue.

If you know of someone who might need an attorney or has a legal question, hand them this newsletter. Let them know that there is a law firm that wants to guide them to a great decision. We're just a call or contact form away.

5 Ways To Stay Calm When Kids Are Upset

calm posture. Kids are drawn to adults who sit—sitting says, “I am in control, everything is okay and I want to connect with you.”

(4) Take Care of Yourself

Exercise, walk your dog, pray, listen to music—do whatever helps you feel at peace. Make a decision that no matter what your child or spouse does, you are only responsible for your actions.

(5) Be the Calm in the Storm

The most effective way to calm an emotional child is for us to be calm. Instead of threatening an upset child, we need to draw the child into our calm. Sit down and begin to color with crayons or build with Legos. Play catch or do push-ups with your child. Invite him into your calm. This will freak him out at first, because he is used to seeing you get upset. What you are communicating, though, is (1) Your actions cannot control or manipulate me and (2) No matter how out of control you may feel, I am a rock you can count on.

You’ll be surprised at how your children (and spouse!) begin to calm down once you do. ■

Kirk Martin is Founder of CelebrateCalm.com. Sign up for his free newsletter and learn about free events in Northern Virginia at www.CelebrateCalm.com.

The average American has 27 apps on their cell phone and spends 37 hours, 28 minutes on them per month

That time adds up! It takes 10,000 hours to become an expert in something meaningful... what would you rather be spending your time on?

REFLECTIONS OF A FORMER FOSTER CHILD

by David Glass

Five years ago, I left China. Earlier this month, I got to return. I was privileged to be able to travel with my Mom and help on the Medical Exchange trip with Love Without Boundaries.

While I loved being able to help on that trip and witness the change surgery made in the children, my favorite part of the trip actually happened before and after the medical exchange when we visited some LWB foster families and I got to see MY foster family for the first time in 7 years.

I consider myself lucky – not because I was abandoned, or because I had to live in an orphanage for 2 ½ years before I was adopted – but because I had a GOOD foster family for the first 10 years of my life. My foster mom took care of me from the time I was 6 weeks old until I was 10 and had to move to an orphanage for older children. That was one of the hardest times of my life.

My first family taught me so much. I learned from my foster mom how to pick good friends, the importance of school work and to never give up. My foster dad taught me how to pick wild herbs, plant rice and harvest corn.

I have a childhood of happy memories of my time in China because of my foster family: Memories of climbing the mountain near our village with my foster dad; sitting on a bike being “driven” to school by my foster brothers, playing with friends in the village, visiting my foster grandparents, celebrating holidays as a family.

My favorite holiday was Chinese New Year. We would work together to prepare for the celebration. Each of us had a part to make the holiday run smoothly. I helped clean rooms, sweep and mop the floors. On New Year’s Day, I got to help set off firecrackers when I

got older. We visited with my foster Grandmother and got red envelopes from all our friends, cousins, aunts and uncles. It was a fun time of relaxation and reconnecting.

When we arrived in my former foster village outside of Beijing, all these memories came flooding back, along with memories I had forgotten – like my foster mother going to get fresh milk from the cows in the village and giving it to me. I always felt like she saved the best food and clothing just for me. She made me feel special and she advocated for what I needed.

It was so good to see my family again, to talk about old times and tell them my plans for the future. I was especially happy to see that their life is easier than it was when I left 5 years ago. They have a car now, they are renovating their home, the village is transforming into a more modern village (by rural Chinese standards). They now have running water inside, a water heater, a flush toilet and WiFi! I am glad to see that their hard work has paid off.

The highlight of my visit was probably seeing my foster grandmother again. She is 84 years old, mostly blind from cataracts, but she remembered me! She told me what she always told me: study hard.

Foster families help to give kids the love and care they can’t get in an orphanage. My foster family treated me as if I were their own child. In fact, it was

many years before I realized I wasn’t.

I wish I could have stayed longer but I’m so happy I had the chance to visit again. I will never forget my “first” family because they gave me a great start in life. Maybe one day soon I can return for a longer visit. ■



*David and his foster Mom, June 2001
3 years old*



With the bike that he rode when he was a child

— continued from back page

Workplace Horror - "We had to work, side by side, without access to the Internet or our cell phones."

OK, new graduates and anyone else looking for a job, here's your dose of reality. Sorry if you didn't learn this around your kitchen table with your parents or at your college:

1. An employer's job is to make a profit, not provide you a job. The employer owes you nothing other than what he/she promised when they offered (and you accepted) the job.
2. You aren't supposed to be using your cell phone or having access to the Internet for personal use while working. You are supposed to w-o-r-k.
3. If you don't like the working conditions or the wages, then your j-o-b is to go find another j-o-b. Again, the

employer owes you nothing and, by the way, there's usually a long line of folks waiting to take your place. That's called "the market." (They should have taught you that in your Econ 101 course.)

Finally, let me give you one more piece of advice: You should start looking for another job the moment you start a new job. You should always be looking to advance yourself.

My question to you is this: What are you doing to make yourself more valuable to the market? Trust me. The market will reward those who don't sit around waiting or, worse, who think that suing an employer because you think you *deserve* something that wasn't contracted for is a good idea. ■

BGL's Best Bites CILANTRO-LIME CUCUMBER SALAD

by Sandi Glass

Ingredients:

- 1 jalapeno, seeded and finely diced
- 2 cloves garlic, finely minced
- 3 tablespoons fresh lime juice
- ¼ teaspoon crushed red pepper
- ½ teaspoon salt, or to taste
- black pepper to taste
- 3 tablespoons olive oil (I recommend Tantillo)
- 2 cucumbers, very finely sliced
- 4 tablespoons minced cilantro, to taste

Notes:

Make sure that you let the salad sit on the counter for a little while before serving if it's been in the fridge; the olive oil solidifies slightly when it's cold. *Yield: 5–6 side servings.* ■



Preparation:

- 1 Dice the jalapeno and garlic and add to a medium-sized bowl.
- 2 Add lime juice, crushed red pepper, salt, and pepper. Use a whisk to incorporate the olive oil. Set aside.
- 3 Finely slice the cucumbers. Use a mandolin if you have it, but a very sharp knife will do the trick. Add the cucumbers to the dressing and stir together.
- 4 Finely mince the cilantro and add it to the bowl. Stir to combine. You can either let it sit in the fridge to marinate for a couple hours, or serve immediately.

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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Workplace Horror— "WE HAD TO WORK, SIDE BY SIDE, WITHOUT ACCESS TO THE INTERNET OR OUR CELL PHONES."

So there's a big lawsuit going on in New York. Seems a bunch of law school graduates who couldn't find jobs as lawyers are now suing a law firm they do "document review" for, claiming, get this, that they *deserve* overtime pay.

Document review consists of looking at hundreds or thousands of pages of documents and then coding them as to what subject matters they cover. Many real lawsuits revolve around what the documents say.

These document reviewers voluntarily sought these not-so-fun jobs and agreed, in advance, to the terms of the job – wages, hours, benefits, etc. Sometimes they work – and are paid for – long, boring hours. Another of their complaints is that they often have to "work, side by side, without access to the Internet or to their cell phones" (oh, the horror of it all).

