



BEN INTERVIEWS 90-YEAR-OLD WORLD RECORD HOLDER DIXON HEMPHILL (PARENTS, TELL YOUR KIDS TO LISTEN TO THIS INTERVIEW!)

by Ben Glass

Dixon is a world champion runner, and lives right here in Virginia! Ben sat down with Dixon to talk life and running. To hear the full audio of Ben's interview with Dixon, go to www.BenAndDixon.com. Here is an excerpt:

Ben: About two years ago, I saw you in an article and I sent you one of our magazines, and you were doing some awesome running event – and you're 90 years old, and still very active, so I wanted to get you in to talk a little bit about what it takes to be like you, because you're an awesome inspiration.

Dixon: Well, I've been running for 40 years, and I'm addicted to it. I hope not too much so, but I really enjoy it. Some years back, I was a nationally ranked runner for a good many years, and I had an accident some 16 years ago. I was hit by a car – broke my pelvis, had a collapsed lung, and some broken bones... The extent of my injuries put me in three local hospitals for 41 days, but eight months later, I ran a 5K race down in D.C. for the Race for the Cure.

I did that just for spite. I just knew that I could get back if I worked at it.

—continued on page 3

Virginia Attorney
Ben Glass



A Monthly Publication of Ben Glass Law

This newsletter is for informational purposes only and no legal advice is intended.

In this issue...

- **Page 1 Ben Interviews**
90-Year-Old World Record Holder Dixon Hemphill
- **Page 2 What is The**
BENGLASSLAW VIP Program and Why is it Free?
- **Page 2 BGL's Best Bites:**
Oso White Bean Chili
- **Page 4 The Three Worst**
Valentine's Day Ideas

FREE INSTANT DOWNLOAD THE TRUTH ABOUT LAWYER ADVERTISING



Most lawyer advertising just stinks. Think about it. You can't compare one lawyer to another by the ads, can you? Most of them

just brag about being "aggressive," as though that's something unique.

*That's why Ben wrote **The Truth About Lawyer Advertising: The Complete Consumer Guide to Finding the Right Lawyer for Your Case—Every Time.***

Go to TheTruthAboutLawyerAds.com to get your free download now or call 877.540.8618 to have a copy mailed to you.

BGL's Best Bites: OSO WHITE BEAN CHILI

Ingredients:

- 1 bag dried white beans
- 2 Oso sweet onions
- 1/2 cup garlic (chopped)
- 1 pound ground chicken or turkey
- 1 cup celery (chopped)
- 1 tsp oregano
- 1/4 cup olive oil
- 2 large green mild chilies (deseeded)
- 2 quarts chicken stock or water (to cover)
- 2 tsp cumin



A Tasty Favorite

Directions:

Sauté onions, garlic, celery, chilies, chicken/turkey for 10 minutes on medium heat. Add half of the chicken stock. Add salt, pepper, oregano and cumin and simmer for 45 minutes. Add the remaining chicken stock. Combine all ingredients in crock pot or large heavy-bottomed pot, bring to a boil and then simmer overnight, or 8 hours.

Puree 1 cup beans for a thicker chili and serve. Garnish with shredded cheese, fresh cilantro, tarragon or basil, chopped Tabasco peppers, raw chopped Oso sweet onions or hot sauce. ■

WHAT IS THE BENGLASSLAW VIP PROGRAM AND WHY IS IT FREE?

Our VIP Program is a huge hit so far. People like the easy online signup (www.BenGlassLawVIP.com), and they're taking advantage of the free services we offer as part of the program:

- **Free Contract Review** (school contracts, business contracts, family contracts, etc.)
- **Free Notary Service**
- **Free Insurance Policy Review**
- **Free 15-minute Legal Consultation**
- **Free Entry into BenGlassLaw Giveaways and Contests**

This past month, we provided notary services, insurance reviews, and assisted a physician who is contemplating creating a non-profit organization. We offer these services free because we believe Virginians deserve good legal advice, no matter their situation, and we know that we can help them make the best legal decisions possible. How can we help you? Sign up today at www.BenGlassLawVIP.com and become part of Ben's extended family. ■

—continued from page 4

The Three Worst Valentine's Day Ideas

1. Stopping Highway Traffic to Propose

There were a lot of stupid people in 2015, but Vidal Navas of Houston, TX, has to top the list. Mr. Navas decided it was a good idea to stop the cars on busy Interstate 45 (which runs through the heart of Houston) in order to propose to his girlfriend. Mr. Navas has been charged with a misdemeanor and is facing jail time, as he should be.

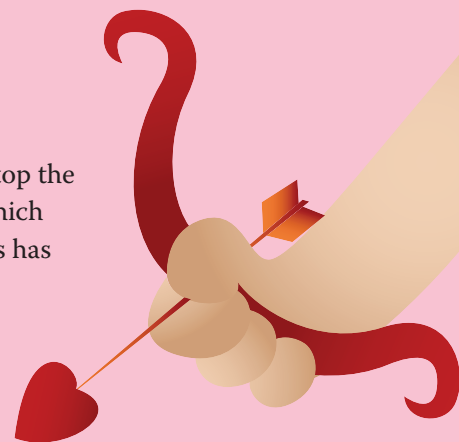
2. A Heart-Shaped Steak

Nothing says love like a raw slab of meat. In general, it is a bad idea for men to purchase things for their loved ones that they secretly want for themselves. Unless your girlfriend is all about dead cow this year, skip the heart-shaped Porterhouse.

3. Naming a Star

This is corny and cliché and only works if your girlfriend is into astrology or some other medieval bologna. People are paying \$60-\$150 to name a star that they can't see or point to. How romantic is it really to give a name to star OH58M41S 28' 59"? If your husband did this for you and you loved it, I mean no offense, but you might as well print off your own certificate instead of paying some clown claiming to own the naming rights to a ball of gas billions of miles away.

Now you know what to avoid this season! In all seriousness, enjoy your Valentine's Day and we wish you all the best as you spend time with your loved ones. ■



—continued from page 1

Ben Interviews 90-Year-Old World Record Holder Dixon Hemphill



Ben: I love that - you did it for spite! So, you were about 74 when you had that accident?

Dixon: That's right, I was exactly 74.

Ben: And, you know, for a lot of folks, a bad accident like that would even mentally set them back. And you either hold, or are shooting for, some records on the running side. Tell us a little about that.

Dixon: Well I continued running after my accident, but it wasn't the same. I was running a 10-minute pace (mile) as opposed to a 7-8 minute pace...

Ben: Oh, my gosh. So, 74 years old, you could run an 8-minute mile?

Dixon: Well, I ran a marathon at an 8-and-1/2 minute pace.

Ben: How old?

Dixon: Uh, 70.

Ben: Oh, my goodness...

Dixon: That qualified me for the Boston Marathon. That was my best marathon. That was down in Virginia Beach, the Shamrock Marathon. Have you run that?

Ben: I have not run that one, but I've run the Marine Corps five times.

Dixon: I knew you had done that. At any rate, I was at an indoor track meet three years ago...

To hear the rest of the interview, go to www.BenAndDixon.com ■

Sponsors Needed! Dixon tells us that he is still looking for sponsors for the 2016 Goblin Gallup, a local 5K race. This might be a great opportunity to get your company involved in a very worthwhile local event. Contact Dixon at DixonH1925@gmail.com

FOR OUR ATTORNEY REFERRAL PARTNERS

If you are one of our many attorney referral partners, we thank you for the people you've allowed us to help this past month. We always make sure the client knows that you are the hero for having made the connection. If this month you find yourself with a personal injury, long-term disability, or medical malpractice case that you don't handle, give that person the BenGlassLaw number, 703-584-7277, and make sure they say, "Attorney (Your Name Here) sent me," so that we know who to thank. If you have any questions about how we handle referrals, email info@benglasslaw.com with the subject line "Referral Partners" to learn more about our program.

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.

3915 Old Lee Highway Suite 22-B
Fairfax, VA 22030
tel 703.544.7876 fax 703.783.0686
www.BenGlassLaw.com

To be removed from our mailing list,
call 800.224.1482 ext 999



What is the BENGLASSLAW VIP
Program and Why is it FREE?
Find out on Page 2

Inside This Issue...

- » Ben Interviews 90-Year-Old World Record Holder Dixon Hemphill
- » BGL's Best Bites: Oso White Bean Chili
- » The Three Worst Valentine's Day Ideas
- » And more...

THE 3 WORST VALENTINE'S DAY IDEAS

Valentine's Day is great. It's a chance to share a special evening with your loved one... or if you're single, a special evening with a bottle of mid-shelf vodka. If there's anything Hallmark and the diamond industry have taught us over the past 50 years, it's that there's a right way and a wrong way to do Valentine's Day. Here's the wrong way:

—continued on page 2

