



A Monthly Publication of Ben Glass Law
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WEIGHT LOSS AND ACUPUNCTURE

By Keyvan Shahverdi, D.C., L.A.C.

Maple Chiropractic & Acupuncture Clinic
Fairfax, VA

What is Acupuncture?

Acupuncture is a medical approach that started in ancient China more than 3000 years ago. It involves the placement of thin, solid needles into the acupuncture points in the skin.

The theory behind acupuncture is that when the body's energy channels are blocked, it results in discomfort. Stimulating acupuncture points unblocks the flow of energy channels. The improved energy produced by acupuncture results in stimulating the body's natural healing abilities and promotes physical and emotional well-being.

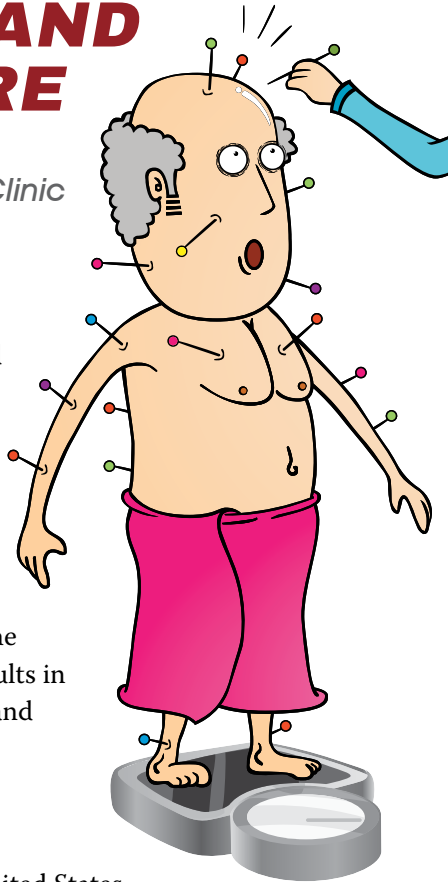
How can Acupuncture Help you to Lose Weight?

Obesity is becoming a major problem in the United States. According to the Journal of the American Medical Association (JAMA), more than one-third of U.S. adults are obese. Many studies have shown a direct or indirect relationship between obesity and diseases like heart disease, stroke, some types of cancer, Type 2 diabetes and osteoarthritis. In addition, obesity can have emotional and psychological effects on obese patients. There is a tremendous cost to society associated with obesity. As a result, many organizations and groups attempt to find solutions in addressing obesity in the United States.

In our striving to find a solution for obesity and weight loss, acupuncture can be helpful. Acupuncture, by stimulating and increasing levels of endorphin hormones, controls the appetite and makes it easier to lose weight and keep it off. Furthermore, it helps to decrease the hormones that contribute to weight gain. In addition, since acupuncture can decrease stress and calm the mind, it will be useful for patients who tend overeat when under stress.

Treatment

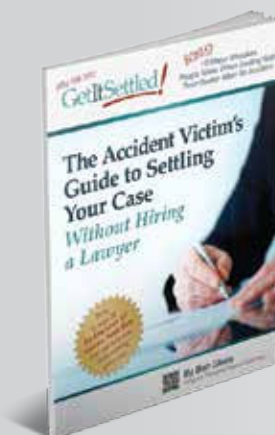
Usual treatment starts with a comprehensive history taking and examination that includes checking pulse and tongue by a licensed Acupuncturist. This evaluation gives the acupuncturist enough information to prepare a treatment plan for the patient. Most of the time, the treatment plan includes body and ear points. In some cases, at the end of the treatment session, the acupuncturist uses ear seeds.



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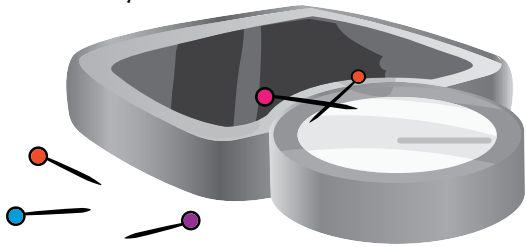
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Weight Loss & Accupuncture

The seed is attached to a sticky band and the acupuncturist places it on some of the ear points and asks the patient to keep them in place for about three days and press on them a few times a day.

Generally, the treatment schedule begins with two treatments per week for three to four weeks. Then it decreases to once per week for the next two to three weeks. After that, maintenance treatment can start and it is one to two visits per month.

In summary, even though individual results vary, acupuncture can help with weight loss. However, to achieve the best result, it has to be combined with a healthy diet and an active lifestyle. ■



Yes, Police Officer and Deputy Sheriff Names Should be Made Public

by James Abrenio, BenGlassLaw DUI and Criminal Attorney

In the wake of cases like John Greer and countless national news headlines about police misconduct, the Virginia Senate has passed a bill that would prevent the disclosure of all police officer and deputy sheriff names in Freedom of Information Act (FOIA) requests.

It appears that this bill was drafted in response to a November court ruling that permitted the newspaper *The Virginian Pilot* to access to names, agencies, and employment dates for Virginia law enforcement. The newspaper sought this information because it wanted to examine how often officers who got into trouble were able to find other jobs in law enforcement.

The argument in support of this bill: our culture has changed and law enforcement is now subject to threats violence from the public, al-Qaeda, ISIS, and apparently the hacking group Anonymous.

Look, I get that being in law enforcement is difficult. Most in law enforcement are good people just trying to do their jobs, like any of us. And, of course, no one wants to subject them to violence or harm. But this is NOT the answer. Keeping these records public provides a check on patronage abuses, favoritism, discrimination and moonlighting by public employees at the public's expense.

In our criminal justice system, there must be MORE transparency, not less. Were this bill is signed into law, it would place the General Assembly's stamp on a truly concerning law. A law that says to the public, "You do not have a right to know what is going on behind closed doors." And it will only widen the gap of trust between law enforcement and a skeptical public.

The bill has been tabled in the Virginia House, delaying the debate and potentially killing the bill, but we must stay vigilant should the topic arise again. ■

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Your Church May Be Channeling a Higher Power... Just Not The One You Think

all four gospels), it seems as though part of the message is "places of worship are not places for private markets." (Ben's view, in case you wouldn't guess: It's not where the money comes from, it's how you use it that counts.)

So, do cell phone towers bedevil the original purpose of a church steeple? As it happens, steeples are not as old as we may think. Before standardized time was imposed in the 19th century, churches usually met at sunrise. As clocks and watches grew in popularity, churches wanted to try other times for worship, so steeples with loud church bells were erected to summon everyone to church. Church bells continue to ring out every Sunday, but do not hold the same importance they once had to communal timekeeping. Perhaps installing a cell phone tower is a revival of a steeple's purpose to provide a public good.

As the telecom industry continues to expand, cell phone towers have become so well camouflaged that you'd be surprised to know how many are actually around you. ■

In Florida, a church cross is outfitted with telecom technology.



A cell phone tower cleverly disguised as a palm tree.



A fake cactus cell phone tower is installed in Arizona.



BGL's Best Bites:

PUT A TWIST ON YOUR DEVILED EGGS THIS EASTER

Most of us are familiar with the traditional deviled egg:

Directions:

1. Boil six eggs for 1 minute, take off heat and leave covered for 14 minutes
2. Crack and carefully peel the eggs under cool running water
3. Dry the eggs with paper towels
4. Slice eggs lengthwise and remove the yolks
5. Mash the yolks in a bowl and add 1/4 cup mayo, 1 tsp white vinegar, 1 tsp yellow mustard, 1/8 tsp salt, and black pepper
6. Serve the yolk mixture in the whites of the egg with some paprika sprinkled on top.



Best of luck,
and enjoy! ■

But how can we spice it up this year? Here are some tasty alternatives to try with this Easter's deviled eggs:

The Texan: Add bits of bacon and bleu cheese

Pickle-Me-Elmo: Add bits of pickle and minced chives

The "Sam I Am": Add a dash of pesto. If you have young children who love Dr. Seuss, this is a great fit for a "green eggs and ham" breakfast.

The South Shall Rise Again: Pickled okra! A thin pinwheel-slice of okra with a dash of paprika tastes great on a deviled egg.

The Taj Mahal: For the more adventurous, a dash of red curry paste and some mango chutney make for a killer deviled egg.

WHAT BENGLASSLAW HAS BEEN DOING FOR VIP MEMBERS RECENTLY

(HAVE YOU TRIED THIS SERVICE YET?)



We're so excited to see so many people jumping on board with our free VIP Program. We provide free notary service, free contract reviews, free insurance policy reviews, and more. Becoming a member is absolutely free, just sign up at www.BenGlassLawVIP.com. Here's what we've been doing recently:

- Helped a charity evaluate a proposal for new "donor management" software
- Helped a local veteran and his family decide between different health plans
- Helped a local church evaluate a cell phone tower buyout proposal

We hope you join our VIP family. It is an honor serving this community, and we believe Virginians deserve good access to basic legal services. ■

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

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YOUR CHURCH MAY BE CHANNELING A HIGHER POWER... JUST NOT THE ONE YOU THINK

If your pastor has ever claimed that your church is a beacon on a hill, he or she might mean that more literally than you think. There's a trend sweeping across the nation of turning church steeples into cell phone towers. Wealthy churches and cash-strapped churches alike are jumping at the chance to provide a service to the public and generate some extra revenue.

In an economic sense, it's a great fit. Telecom companies want to place towers that are high up, centrally located, and as discreet as possible, making church steeples ideal. These cell phone tower contracts can range from \$2,000-\$4,000 a month, depending on the church's location. That's money that can be given to the poor or used for other church ministry. In a spiritual sense, however, some congregations are divided. When Christ overturns the money lenders' tables at the Temple (a story depicted in

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