



A Monthly Publication of BENGlassLAW
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BGL'S TOP 5 FANTASY PICKS

It's that time of year again! Everyone's preparing their fantasy football picks. We thought we would take the fantasy idea even further and draft our all-time list of Fantasy Characters. Who made the team this year? Check out our top five picks:

1. *Merlin*

With the ability to name kings and shapeshift, Merlin comes in at #1 on our draft board. He shapeshifts into just about anything—bear, lumberjack, peasant, even into a version of himself with a bigger beard (c'mon, Merlin, you couldn't just grow it out?). He can see the past and the future, and he's the personal tutor to King Arthur. Merlin is not without his flaws, however. He falls in love with a woman named Niviane, who refuses to marry him unless he teaches her all of his magical powers. As soon as he's done, she traps him in a stone tomb where he dies. Guess he couldn't see all of the future...



2. *Gandalf*

A class act on and off the field, Gandalf is a guaranteed winner. He can speak to moths and eagles, fight off ancient Balrogs, blast things with his staff, and come back from the dead. However, his "love of the halfling's leaf" has led to failed drug tests in recent seasons. He's also known for his good community service work in the Shire, but we're not sure his bootleg firework business is above board.

3. *Dumbledore*

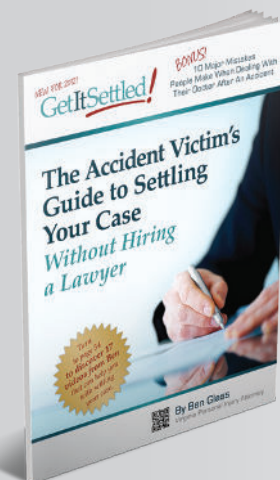
The epitome of goodness, Aldus Dumbledore is a solid first-round pick in any fantasy league. Dumbledore enjoys music, wisdom, wizardry

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BGL's Top 5 Fantasy Picks

tournaments, and long walks on the beach. Good with a wand, a trained alchemist, and can become invisible. He has one turn-off which must not be named. Dumbledore can also shapeshift, but only once—from Richard Harris into Michael Gambon.

4. Jafar

Jafar is best described as an amoral psychopath with the slickest goatee on the planet. Intelligent and unpredictable, Jafar has a knack for puns and maniacal laughter. Plus, who wouldn't want to walk around the palace with a cobra-head staff? Probably insane, Jafar's primary weakness is his affection for Princess Jasmine. I think we can all agree that Agrabah would function better as a democracy, even if Aladdin sees it differently.

5. Gordon Shumway, a.k.a. ALF

Remember ALF, the "Alien Life Form" that had a show in the late '80s? Never before has a lovable character

been so easy to hate. ALF's "powers" included having eight stomachs and the ability to whistle with his mouth closed. How this walking carpet lasted 99 episodes on network television is beyond me. Risky pick, but a serviceable WR3 if Jafar is off the board.

Sleeper Pick: Snow White

Guaranteed sleeper—can only be awakened by a creepy kiss from a prince. Unfortunately, Snow White entered her slumber without making any accounts on eHarmony, Match.com, or tinder, so she may have to wait a few decades while this plays out. She is indeed the fairest of them all, if the mirror on the wall's algorithm can be trusted, but she is hopelessly addicted to Apple products. ■

BGL's Best Bites: SUMMER STUFFED MUSHROOMS

Ingredients:

16 oz whole white mushrooms	4 oz feta cheese
8 oz cream cheese, softened	black pepper (to taste)
2 cloves garlic (more or less to taste)	1 tsp paprika
1 TBS butter	1 tsp red pepper
	Parmesan cheese (to taste)

Directions:

- 1) Preheat oven to 425 degrees.
- 2) Rinse and dry mushrooms. Remove stems from mushrooms carefully and set aside.
- 3) Dice mushroom stems and garlic. Melt butter in skillet at medium-high heat.
- 4) Cook stem and garlic mixture until the water evaporates. Remove mushroom / garlic mixture from heat.
- 5) In a large bowl, mix softened cream cheese, feta, black pepper, paprika, and red pepper. Add in mushroom / garlic mixture and mix. Mixture will be thick.
- 6) Fill mushroom caps with cream cheese mixture. Arrange mushrooms in shallow baking dish.
- 7) Bake in preheated oven for 15 minutes. Top mushrooms with parmesan cheese and return to oven for an additional 15 minutes. ■

Enjoy!



HOW CAN YOU TELL IF YOU NEED AN ATTORNEY FOR YOUR CAR ACCIDENT CASE?

by Ben Glass

At our office in Fairfax, VA, we get a lot of calls from people who are simply not sure if their case merits an attorney. Every case is different, but here are four common signs that your car accident case will require an attorney:

1. You Left the Scene in an Ambulance

Were your injuries serious enough to need immediate medical attention? Typically, needing an ambulance is a good indicator that your medical bills will be high enough to merit hiring an attorney.

2. You Missed More Than a Week of Work

Lost wages are recoverable in a car accident case if you have the right coverage. If you couldn't work for more than a week, speak to an attorney about your car accident case.

3. The Insurance Company is Acting Strangely

Is the insurance company delaying your claim, requesting odd information or disputing medical treatment? They may be preparing to fight your claim.

4. The Accident Resulted in a Permanent Disability

A physical disability can affect your ability to earn wages, maintain your hobbies, and it can even affect your independence. It is important that you are compensated fairly for injuries with lifelong implications. Speak to an attorney if the accident left you with a physical disability.

Keep in mind, you do not need to hire an attorney from your hospital bed. There is a two-year statute of limitations in Virginia for car accident cases. We recommend that people tend to their health before calling an attorney regarding their car accident case.

Feel free to call BenGlassLaw if you have any questions at all about an accident. It's what we do, and we want to help you make the best decision you can. ■

WHAT WE'VE DONE FOR VIP MEMBERS RECENTLY



- Last month, we helped a number of BenGlassLaw VIP members with the usual array of contract reviews, business strategy meetings and just some practical advice, but one member's problem really stood out because we solved it in a big way. The VIP member had been quoted a huge fee by another law firm. We saw a much more practical solution that worked. We charged \$500 for a one-hour meeting. We saved the member over \$25,000!

Want to become a FREE BenGlassLaw VIP member? Visit www.BenGlassLawVIP.com ■

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.

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What has the BENGLASSLAW VIP
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IN NEW REPORT, D.C. RANKED AS ONE OF THE **THREE WORST CITIES** FOR "SAFE DRIVING"

*A recent report by Allstate ranked the 200 largest cities in America in terms of accident frequency and other safe driving metrics. It even adjusted for population density and weather to give as fair a result as possible. Washington, D.C.'s, ranking out of 200? **197.***

Drivers in D.C. average an accident every 4.9 years, which is 106.2% higher than the national average. Every 1,000 miles, a Northern Virginia driver can expect to have 17 "braking events" - or times when an accident will occur if no action is taken. You're over 100% more likely to have an accident here than anywhere else in the country.

Not so great to hear, eh? The truth is that there are a lot of advantages of living in the area. We have great schools and ample employment. We experience all four seasons. We generally don't have to worry about earthquakes or tornadoes. Hurricanes usually slam the Carolinas and are downgraded to tropical storms by the time they reach us.

Yet, without fail, traffic and humidity dominate small talk in the region. At least now we have some stats to back it up.

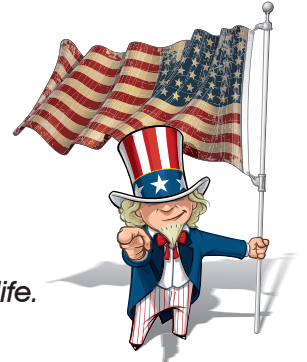
If you or a friend have been in a car accident, we extend our condolences for what you're going through, and we encourage you to give us a call to see if you need a lawyer to protect you. ■





DON'T WORRY, MA'AM. WE ARE FROM THE GOVERNMENT AND WE ARE HERE TO HELP YOU

I'm a minimalist government guy. I think there are far too many regulations, rules and politicians and bureaucrats who think they know, better than I do, how I should be living my life.



Take the Food and Drug Administration, for example. Those people think we are too stupid to know what we should and should not be eating, so they create all these regulations trying to tell us what's "healthy or not."

Problem is, here's what current FDA rules tell us:

- A Pop-Tart is healthier than an almond.
- You can market Frosted Flakes as "healthy," but you can't say that about an avocado.
- Salmon doesn't meet the FDA's criteria for "healthy,"
- A nut bar maker is allowed to use the word "healthy" on the label if it's talking about its "corporate philosophy," but not if it's saying the nut bar is "healthy" to eat.

Now, the FDA will spend millions of your tax dollars over the next several years seeking comments from "experts" and the public, doing surveys, eating food at meetings and reviewing letters from lawyers before they announce new rules telling YOU what you should and should not be eating.

How foolish. You could get all of the information at the local library or from Mr. Google. Free. Remember, only YOU should be deciding how to live your life and you, not the government, have the responsibility to educate yourself and your family about this. (Ben's tips for eating: Anything in moderation. Eat more fruit and vegetables than processed food. Nuts are good snacks. Pick up a copy of *The Fast Metabolism Diet*; it's pretty good.)

There ya go, no government directive needed!

No calorie counter needed! ■ (source: Wall Street Journal)

LIVE LIFE YOUR WAY

WHAT FACEBOOK'S MARK ZUCKERBERG SHOULD HAVE SAID TO CONGRESS

I don't get it how Congress can just order people around. Congress is a law-making body, not an executive body. Did you see that big ruckus two months ago when someone suggested that Facebook might be "manipulating" its "trending" news posts, favoring "progressive" stories and suppressing conservative ones? That prompted South Dakota Republican John Thune to issue an edict to Facebook, demanding that it answer questions about how it publishes the news.

I like Mark Zuckerberg, Facebook's CEO, a lot. He clearly demonstrates the habits of a winner. He's worked hard and deserves every penny of his wealth.

I was shocked and disappointed by his response to Congressman Thune.

Facebook's answer was: *we investigated and it's just not true what they are saying about us.*

Wrong answer:

The answer I would have given, were I him:
Bug off. We are a private company and

Congress has no business ordering us around, particularly when it comes to the speech we decide to publish on the platform WE built. If you don't like what we say, you have two choices: (1) don't listen and (2) build your own social media platform.

We are paying these men and women in Congress to protect individual liberty, not be arbiters of speech or thought. Very disappointed whenever an American business forgets this and just caves in.

By the way, speaking of Facebook, I've seen

those posts where people say:

I don't give Facebook permission to use my pictures, my information or my publications. By this statement, I give my notice to Facebook it is strictly forbidden to disclose, copy, distribute, give, sell my information, photos or take any other action against me on the basis of this profile and / or its contents. The content of this profile is private and confidential information.

Uh, folks, this is stupid. It's Facebook's house. No one makes you play there. If you don't like Facebook's rules, then delete your account!

KIDS AND SPORTS

I ALMOST FAINTED

There's a great ice cream shop in Clifton, Virginia, near where I live. My family and I like to frequent it in the summer. There's usually a long line (there is no indoor seating) but it's worth it.



There's a great ice cream shop in Clifton, Virginia, near where I live. My family and I like to frequent it in the summer. There's usually a long line (there is no indoor seating) but it's worth it.

About a month ago, Sandi and the kids and I had gotten our ice cream (sorbet for me, I'm trying to stay lean!) and we were walking to a little park behind the store when, to my amazement, we came upon little kids playing a pick-up soccer game.

No coaches.
No uniforms.
No referees.
No parents.

What a joyous site to behold. Just kids playing. I almost fainted. I hadn't seen

anything like it in years. I saw a poll recently from the National Alliance for Youth Sports that said that 70% of kids in the United States stop playing organized sports by the age of 13 because "it's not fun anymore."

I was surprised that the number is so high. That being said, all you have to do is to patrol the sidelines of most youth soccer games. You will hear a torrent of negativity, including abuse towards referees by coaches and parents (but usually not the players so much), abuse towards players by parents and coaches...abuse towards coaches by parents...and this is NOT fun for the kids... I'd love to see "leagues" where parents were simply not allowed and coaching during games was kept to an absolute minimum.

When I was growing up in Annandale, Virginia, we had the "best" backyard in the neighborhood because it was flat, rectangular, and devoid of trees except along the perimeter. My mother and father would tell you that by mid-June, the grass had faded to dirt because our neighborhood played on it every single day! We mostly played soccer and Whiffle® ball. I remember that there was (we thought) a big, mean dog that lived just beyond the fence in right field. That was tough. If one of us hit the ball over THAT fence, we either had to risk it (there were some in our neighborhood who were brave enough to do that) or we had to hop on our bikes and pedal a mile or so to the 7-11 to buy another Whiffle® ball. ■

SMALL BUSINESS TIP

IF YOU RUN A BUSINESS, DON'T LET THIS HAPPEN TO YOU

When you are "Dad to 9" and you've still got five teens at home, you need something like the Ford 12-passenger van that I got Sandi for Mother's Day several years ago. (Yup, awesome Mother's Day gift, I know. Feel free to steal the idea.).

Turns out you can't take that van just anywhere to get it serviced; the lifts have to be "for trucks." So I got on the Internet and found a local Ford Dealer (Ted Britt Ford) who could service it.

At the website, I found an awesome "service scheduler" page. I could tell the dealership exactly what type of vehicle I owned, together with exactly what service I needed. The web page then told me exactly when to bring the van in, so that my time would not be wasted.

Terrific. Well, terrific until I brought it in at the appointed time and they told me

I'd have to leave it there for three days because they were backed up!

Hold on there, partner! What's the point of have a scheduling page at your website if no one ever actually reads it and the schedule doesn't mean anything? How hard would it have been to contact me before I re-scheduled my morning to come to your place and tell me, "no, here's a better time."

So, here's the business tip if it isn't obvious enough: You have to constantly review all of your processes to see how they are working *through the customer's*

eyes. See, someone decided to invest a ton of money into the web site and this scheduling page. It looks really cool and slick, but all it did was disappoint me enough that I left the dealership a "1-star" review on Yelp for wasting my time.

[If you run a local business, I'm pretty good at "looking over your shoulder" and helping you refine your processes so that your business becomes more fun and lucrative for you. No, this isn't legal stuff, but sometimes the legal stuff doesn't matter much if you don't have customers!] ■

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