



A Monthly Publication of BENGlassLaw

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

In this issue...

- **Page 2** How Much Should You Pay an Attorney to File Your Long-Term Disability Appeal?
- **Page 3** BGL's Best Bites: Skinny Orange Chicken
- **Page 4** New Episodes of the LiveLifeBig Podcast!



SELF-DRIVING

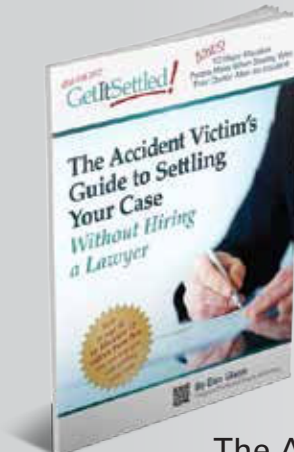
Uber Vehicles Have Made Their Way to D.C.

The future is upon us. Uber has begun their self-driving vehicle campaign, starting with Washington, D.C. Washington, D.C. passed the "Autonomous Vehicle Act of 2012," which is why the self-driving initiative is moving there first. The motive of the campaign is to "make the roads safer in major cities." According to Uber, this can be achieved by utilizing vehicles that know exactly which speeds to drive and when to stop or slow down.

Danielle Burr, head of Uber's federal affairs, stressed the importance of safety in a post on the company's Medium page outlining the program's

—continued on page 2

FREE INSTANT DOWNLOAD GET IT SETTLED



**You
can
settle
your
own
case.**

GetItSettled:

The Accident Victim's Guide to Settling Your Case *Without Hiring a Lawyer* reveals the secrets that top lawyers use to get top dollar results.

Go to **GetItSettled.com** to get your free download now or call 703.544.7876 to have a copy mailed to you.

HOW MUCH SHOULD YOU PAY AN ATTORNEY TO FILE YOUR LONG-TERM DISABILITY APPEAL?

Because there are few ERISA attorneys in our area, there isn't a "standard" fee for hiring an attorney for an ERISA appeal. There isn't even a "standard appeal." At BenGlassLaw, we charge nothing up front for most appeals. This means we will only take on your appeal if we feel strongly that we can help you with your claim.

WHAT YOU SHOULD EXPECT


FROM AN ERISA LONG-TERM DISABILITY ATTORNEY?

ERISA long-term disability claims are tricky, and it is always best to consult with an attorney who has experience in ERISA claims. BenGlassLaw has spent years perfecting our ERISA practice. Our disability appeals team is one of the best in the country, and we've built systems that streamline the appeal process for our clients. Our process includes:

-  Free Denial Letter Review (if your disability claim has been denied or terminated)
-  One-on-One Consultation with Ben Glass (if you need guidance on filing a claim or have other questions outside the appeal process)
-  Detailed Claim File Review to help guide the appeal. We don't skim - we dig into every page so we understand how and why your claim was denied, and what we need to do together for a successful appeal
-  Personal Statement Interview to help you fully tell your story
-  Independent Vocational Analysis for claims where the insurance company says they "found" jobs you can do
-  Guidance for your doctors on how to support your claim
-  A detailed appeal letter to the insurance company explaining why their decision was wrong, according to both your medical records and ERISA law

RED FLAGS

TO LOOK FOR WHEN EVALUATING AN ERISA ATTORNEY

-  No Claim Evaluation Before Signing Fee Agreement
-  Unwilling to Litigate Your Case After Failed Appeal
-  High Flat Fee as the Only Option for Writing Your ERISA Appeal
-  Charging Clients for Time Spent "Researching ERISA"

BENGLASSLAW™
JustReadTheReviews.com

Call (703) 584-7277

—continued from page 1

Self-Driving Uber Vehicles Have Made Their Way to D.C.

expansion to D.C. "When we think about safety, it goes beyond solely passenger. We care about keeping everyone on the road safe—whether you're in one of our self-driving cars or crossing the street in front of me," Burr writes (dcist.com).



This new effort from Uber gives us a window into the future, but let's pump the brakes on the excitement for this campaign for a few reasons.

- **The Vehicles**, Volvo SUVs, will be operated by two driving specialists who will drive them around D.C. to calibrate the vehicles' camera sensors in order to create a map of the city's roads. This means that the self-driving cars will take a while before they will become "self-driving."
- **This campaign is a relaunch of the exact same self-driving campaign Uber previously attempted to launch in Arizona in 2018.** How did that end? Well, the "self-driving" vehicle disregarded a pedestrian (recognized the woman as a pedestrian 1.3 seconds before impact) before it struck and sadly killed her. Allegedly, the operator of the self-driving vehicle was watching television on a cellphone. Genius. Within 9 months, Uber had already resumed their self-driving experiment and shockingly faced no criminal charges even though the incident seemed to be the result of neglect and operating a vehicle while using a cellphone.

Clearly, there are a few good reasons to pump the brakes on excitement for this experiment, an experiment that emphasizes safety but has also killed an innocent pedestrian. Now, consider the higher volume of pedestrians in D.C. This sounds like a recipe of disaster to me. I guess we will have to wait and see if this new self-driving campaign will take off or crash and burn. ■

BGL's Best Bites:



SKINNY ORANGE CHICKEN

If you love Panda Express as much as I do, then you know that orange chicken is one of the greatest meals on the planet. Unfortunately, it is extremely unhealthy. If you are on a diet, then this is an unobtainable meal. Luckily, this is a healthier alternative. *Enjoy!*



Orange Chicken Ingredients:

- 2 lb. boneless, skinless chicken breasts, cut into bite-sized pieces
- Salt and pepper
- 2 Tbsp. olive oil
- Orange chicken sauce (ingredients below)
- Toppings: thinly sliced green onions, toasted sesame seeds, orange zest

Orange Chicken Sauce Ingredients:

- 3 cloves garlic, minced
- 1/2 cup orange juice
- 1/2 cup honey
- 1/3 cup soy sauce
- 1/4 cup rice wine vinegar
- 3 Tbsp. cornstarch
- 1/2 tsp. ground ginger
- 1/2 tsp. white pepper
- Zest of one orange
- Pinch of crushed red pepper flakes

Optional: Quinoa Ingredients:

- 1 cup dry quinoa
- 2 cups chicken broth

About 4-6 Servings

- Prep Time: 10 Minutes
- Cook Time: 10 Minutes
- Total Time: 20 Minutes

To Make the Orange Chicken Sauce:

- 1 Whisk all ingredients together until combined. If you would like the sauce to be even sweeter, add an extra 2-4 tablespoons of honey.

To Make the Orange Chicken:

- 1 Season chicken generously with salt and pepper.
- 2 Heat oil in a large sauté pan over medium-high heat. Add chicken and sauté for about 4-6 minutes, stirring occasionally, until the chicken is browned and nearly cooked through.
- 3 Pour in the orange chicken sauce and stir to combine. Let the sauce come to a boil, then boil for an additional minute or two until thickened. Remove from heat and serve immediately over quinoa or rice. Garnish with green onions, sesame seeds and additional orange zest. ■

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, ERISA disability, 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.

3998 Fair Ridge Drive Suite 250
Fairfax, VA 22033
tel 703.991.2870 fax 703.783.0686
www.BenGlassLaw.com

To be removed from our mailing list, email
info@benglasslaw.com or call 800.224.1482



*What are the benefits of
our VIP Program? Visit
BenGlassLawVIP.com
to find out!*

Inside This Issue...

- » Self-Driving Uber Vehicles Have Made Their Way to D.C.
- » How Much Should You Pay an Attorney to File Your Long-Term Disability Appeal?
- » BGL's Best Bites: Skinny Orange Chicken
- » And more...

FRESH EPISODES OF THE LIVELIFEBIG PODCAST!



Dr. John Dombrowski, M.D. of The Washington Pain Center stopped by to discuss what makes a good physician.

At The Washington Pain Center (<https://dcpaindoc.com/>), John F. Dombrowski, M.D., specializes in advanced minimally invasive diagnostics and treatment modalities for a variety of chronic spine and pain conditions. Most procedures are performed under X-ray guidance for precise localization and added safety. Examples of our state-of-the-art technology include the use of radio frequency technology and spinal cord stimulation.

Dr. Dombrowski offers comprehensive care for a full range of chronic pain conditions and coordinates care with our growing network of primary care physicians, neurologists, psychiatrists, surgeons, occupational medicine physicians, chiropractors, podiatrists, physical therapists, occupational therapists, and cognitive-behavioral psychologists.

He is dedicated to the care and treatment of patients with chronic pain. Through a coordinated approach, we strive to offer the best options for pain relief and functional improvement. Dr. Dombrowski is board certified with advanced specialty training in pain medicine. He is on staff at Georgetown University Hospital and Suburban Hospital. Furthermore, Dr. Dombrowski is a published author, has been seen on The Today Show to discuss the latest technologies in pain medicine, and is a respected educator in the Pain Management community.

Check out the latest LiveLifeBig podcast on streaming services and YouTube. Please share! ■



The One Question **Never to Get Wrong** in a Job Interview

At a holiday party I had a conversation with a mid-30's lawyer. This person was single, out about eleven years from law school, and had worked in good private industry law firms since graduating. As it often does, the discussion turned to student debt. This lawyer still had over \$200,000 in student debt! I was stunned, but sadly I've heard this story before.

What I've never heard before (and what I hope to never hear from anyone I know in the future) was the answer to my next question:

Me: *Wow, that is stunning. What is your plan for getting that paid down? How does someone like you ever eliminate that debt?*

Young Lawyer: *My plan is that some day we'll elect a President who decides to just eliminate all my debt. I haven't paid a penny of principal even though I make good money, and many of my friends have been eating beans and rice and taking on extra jobs in order to pay down their debt.*

Me: *What would be the government's incentive to just erase your debt?*

Young Lawyer: *They don't want a whole lot of broke old people running around later in life.*

In other words, **this person was hoping that the government will force you and me to bail him out with our tax dollars.** Remember, there's always someone on the other end of the "forgive all student debt" proposal, and, because of whacky government policies, that "person" has become me, and others like me – folks who earn money and pay taxes.

I immediately notified my hiring team at my two companies (Ben Glass Law and Great Legal Marketing) and instructed them to add two questions to our interview process:

- 1 Do you have student debt?
- 2 What is your plan for paying down that debt?

If the potential hire doesn't at least have a plan (or at the very least say something like *"I'd really like to figure that out, maybe you can help me work on that after I'm hired,"* they are to be KICKED OUT of the interview – NO FURTHER QUESTIONS ASKED. ■



WHAT SUCCESSFUL PEOPLE DO

In January, I flew down to Austin, Texas, to attend a business mastermind group that I have joined. I was the only lawyer. The room was filled with really smart entrepreneurs. Some really, really smart people.

The event was two main days of invited speakers and “hotseats” preceded by a smaller meeting the day before with extended time for hotseats – real dissections into your business. Know what I didn’t see much of? Laptops out on the table during the event. Forty people in the room for the big event and just about everyone paying close attention to whatever it was that was going on in the front of the room.

This is not the activity of **normal people**. Normal people, even when investing a lot of money on a seminar, workshop or mastermind group, are (1) running into the halls to get on the phone, (2) answering emails and (3) engaging in side conversations with whoever is sitting next to them (usually a business associate they see every day) while, at the front of the room there are discussions of million-dollar (and, in some cases, multi-million dollar) ideas going on.

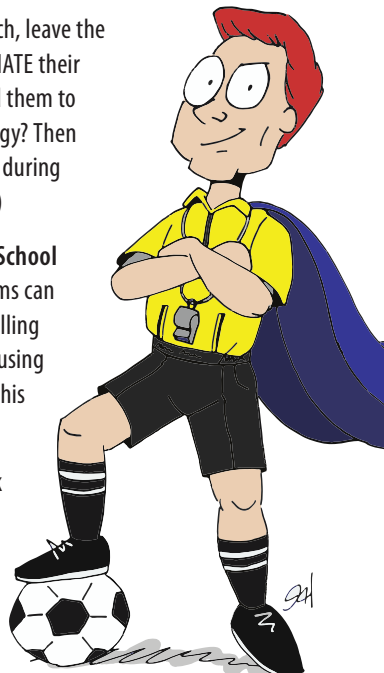
There is a reason why some people are uber successful, and it’s rare to find a really wealthy and happy **normal** person. The uber successful tend to be extremists. This means that they are not in any way “balancing” their every moment. Instead, they become real experts at the art of FOCUS. When they are with you, one-on-one, they are WITH you. When they pay huge sums of money and travel long distances to attend events, they focus, take notes on real paper with a real pen, and let their creative mind do the work it was built to do: **CREATE.** ■



SPRING SPORTS IS HERE

Here are a couple of thoughts as we send our kiddos off to fields for all sorts of sporting events:

- 1 If you are a volunteer coach, administrator or “team dad/mom,” we thank you. This is important work.
- 2 Cheer positively for your team, but if you didn’t volunteer to coach, leave the “in-game” coaching to someone who did. Did you know that kids HATE their parents yelling instructions that conflict with what their coach told them to do? It’s confusing. You think the coach should use a different strategy? Then SIGN UP to coach next time!!! (I once coached 3 youth soccer teams during the same season – and that was before email was in common use!)
- 3 Ben Glass Law is again sponsoring the Northern Virginia High School Varsity Soccer Sportsmanship Challenge – local high school teams can win \$500 for getting through a season without a yellow card for yelling at referees or a red card for fighting or taunting an opponent or abusing referees. DO ME A FAVOR and when you see anyone writing about this program on Facebook, Twitter or LinkedIn, please “like” the posts!
- 4 I hope you noticed that Super Bowl winning quarterback Patrick Mahomes played multiple sports in high school: football and basketball – he dreamed of playing for Duke – and he pitched and played shortstop for his baseball team. SUCCESS LEAVES CLUES. (Source: Washington Post “Mr. Everything,” 2/2/20.)



FINAL THOUGHT OF THE MONTH

In the run up to the 2020 Presidential election, you will hear politicians bemoan the “big money” in politics. This is nothing but an excuse that those without good ideas make when they lose. Here are two quick thoughts:

- 1 If money wins, then Michael Bloomberg should win in a landslide. He has more money than anyone.
- 2 Money is smart. Has its own mind. It flows to incentives. The bigger government is and the more control government has over your life, the more money will flow to it, and no “reform” will ever change that. Want to see less money flow to politics? Reduce the size of government.

This publication is intended to educate the general public about personal injury, ERISA disability, 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.