



A Monthly Publication of BENGGLASSLAW

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Amazon Has Created the **GROCERY STORE** OF THE FUTURE, What's Next?

Amazon has announced that it will open its "Fresh" grocery store in Los Angeles on an invite-only basis in the coming weeks. The store will sell food like pizzas and sandwiches that are prepared on-site, and a range of items from national and local brands. It's intended to be a cheaper alternative to Amazon's Whole Foods stores.

So? It sounds like a typical grocery store, what makes the "Fresh" grocery store different from the rest? Picture a normal grocery store but packed with all kinds of high-tech gear. The "Fresh" grocery store appears to be the "future of grocery shopping."

For example, Amazon's new "Dash Carts," which you can log into with your Amazon app, are equipped with cameras and sensors and identify items as you

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LONG-TERM DISABILITY CLAIM DENIED?

Download **Don't Try
This at Home**, the
Comprehensive Disability
Claim Guide!



In this guide, you will learn about the long-term disability claim and appeal process. We created this book because we wanted

everyone who is struggling with the insurance company to have the information they need to proceed with confidence.

Get your free download now at www.ERISADisabilityBook.com or call **703.544.7876** to have a copy mailed to you.

BEN'S SUPERPOWER

I have the ability to help a person figure out where they are in their lives/businesses and get them to think about where they would like to be in the future. Then, I help them figure out what the next move(s) should be and what they should avoid. I'll help you figure out how to change your life.

And here's the deal: bring me a sandwich and some chips, and we can have a one-hour chat over lunch here in my office. I even do these by Zoom (yes, people order me lunch and have it delivered!) Who else in your life is making that offer? I'll bet no one is. Why do I do it? Because I find it interesting to engage in these sorts of discussions and help people. Trust me, I get a lot out of meeting folks who are committed to self-reliance. ■



KEEPING UP WITH THE BENGLASSLAW TEAM

It's safe to say the BenGlassLaw team is always up to something new. Recently, we thought it would be a great idea to launch an Instagram account to give you a behind-the-scenes look at everyday life at the BenGlassLaw office.

Our Instagram account will be the place to see birthday celebrations, new BenGlassLaw initiatives, community outreach, updates to our very popular dream board, and much more!

Follow us @ben_glass_law! ■

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Amazon Has Created the Grocery Store of the Future, What's Next?

drop them in your cart. The high-tech shopping cart is also equipped with Amazon's Alexa voice assistant. She can store your pre-programmed shopping list and check off items for you as they fall into your cart, making your shopping process quicker and easier.

In this new normal we live in with a pandemic, it makes you wonder if this high-tech grocery shop could be the future of grocery shopping.

What is arguably the best feature of this new state-of-the-art grocery store?

You can pay for your groceries without waiting in line. You might be thinking, "Well, we already have self-checkout stations, what's next?"

This is different. You can pay through your Amazon app and walk out of the store. No more lines, no more waiting.

In this new normal we live in with a pandemic, it makes you wonder if this high-tech grocery shop could be the future of grocery shopping. If Amazon's idea takes off, we could end up seeing these "Fresh" grocery stores pop up around the country in the future.

What are your thoughts? Could this idea catch on, or is it just another gimmick? ■

BGL's Best Bites:

COPYCAT CRUNCHWRAP SUPREME FROM TACO BELL



Chris Marsilio

I think it is safe to say that most people love fast-food, me included. Recently, I have made an effort to experiment with recreating some staples of fast-food restaurants. One of the simplest recipes that also turns out great every time is the Crunchwrap Supreme from Taco Bell (my favorite fast food order of all time!). If you're planning a Latin dinner night for the near future, I highly recommend giving this a try!

Prep Time 10 minutes • Cook Time 15 minutes • Total Time 15 minutes • Serves: 6

Ingredients:

1 lb ground beef
1 packet taco seasoning mix
6 burrito size flour tortillas
6 tostada shells
1 cup of sour cream
2 cups of shredded lettuce
1 diced tomato
1 cup shredded Mexican cheese blend
Nacho Cheese

Directions:

- 1 In a skillet or large cooking pan, cook and crumble the ground beef over medium-high heat. When it is no longer pink, drain the grease.
- 2 Place the meat back into the pan and stir in the taco seasoning mix. Add the water called for on the packet, and cook according to the package instructions.
- 3 Warm up the nacho cheese sauce in the microwave and set aside.
- 4 Place the flour tortillas on a plate and warm in the microwave for about 20 seconds.
- 5 Lay one tortilla on a flat surface. Spread a couple of tablespoons of nacho cheese in the middle of the tortilla.
- 6 Place $\frac{1}{2}$ cup of taco meat on top of the nacho cheese.
- 7 Add the tostada shell, a thin layer of sour cream, lettuce, tomato, and shredded Mexican cheese.
- 8 To fold the Crunchwrap, start with the bottom of the tortilla and fold the edge up to the center of the fillings. Do that from each side, folding as tight as possible as you work your way around the tortilla.
- 9 Spray another skillet or cooking pan with cooking spray and heat over medium heat. Place the Crunchwrap Supreme, seam-side down, into the skillet. Cook for 2-3 min., or until golden brown.
- 10 Flip and cook the other side for another 2-3 min or until golden brown.
- 11 Cook the rest of your Crunchwraps (If cooking multiple wraps) and eat immediately. ■

Enjoy!

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



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FRESH EPISODES OF THE LIVELIFEBIG PODCAST!



Ben Glass and Calvin Hunt – CalvinHuntLearning.com

In this episode of the LiveLifeBig Podcast, Calvin Hunt stopped by the studio to talk with Ben about his new business—Calvin Hunt Learning.

Calvin graduated from Princeton University, where he studied Operations Research and Financial Engineering. Calvin has worked in consulting, finance, and cybersecurity.

Calvin's goal is to create tools and provide virtual learning experiences to help students excel in their courses and exams.

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



How Could Neighborhood Learning “PODS” be Controversial?

by Ben Glass

Wow. A real firestorm blew up on my Facebook page last month when I suggested that Fairfax County Public Schools issued a statement that seemed to try to dissuade parents from forming private learning PODS to supplement online (only) learning being offered this Fall.

A volcano erupted when I said that it would be wrong to “throttle back” these parents from doing what they deemed best for their children. Some parents will not be able to afford private education.



“The rich get richer.” “You must not care about children,” and “This is Marxist!” were some of the comments posted. My response? Join me on an episode of the Live Life Big Podcast, and we’ll have a discussion.

The truth is that if you are setting up private education for your kiddos, then you might want to look around and ask, “Is there someone else we could invite to our group?” That would move the needle of the world. But it’s wrong for the government to suggest, or worse, to regulate away, any legitimate attempt to improve the lives of your children. Bribing colleges for admission? Wrong because it’s based on fraud. Teaming up to supplement what is bound to be a very hard year for education? These parents should be held up as heroic. ■

We Get Feedback

I love your newsletters. Your viewpoints on many important topics are in alignment with my own. I wish someone like you would run for president! Anyways, I’d love to have a copy of Earn It! My address is:

Diana, Chesterfield, VA

Ben,

Reading your newsletter, I would like a copy of Earn it, if you have an extra, if not, I will order one.

Enjoying your “inside the mind” wish more people had a mind to think for themselves.

Be well.

Sincerely,
Matt, Palm Beach Gardens, FL

Hi, Ben. I called you Ben because I really like receiving your “LiveLifeBig Newsletter,” so kind of, I know you personally with great respect. I have three young professional children and the book “Earn It” will be the best tool for shaping up their future. Thank you very much in advance. Stay safe, and God bless.

*Best regards,
Fede, Centreville, VA*

Hi Ben,

I am inspired every time I read your newsletter and hope to one day have the time to prepare a monthly newsletter for my clients. My goal is to get started in 2020.

I have 4 daughters, and I believe both my oldest girls, Jenna (senior at VCU) and Aiyah (sophomore at JMU), would benefit greatly from your book recommendation, Earn It.

And on another note, can we meet for lunch (I’ll bring the lunch) and start a conversation about how to help our kids whose schools are going only virtual? Not just with learning, but socialization? I have an 8th grader and a 10th grader who have retired from competitive gymnastics after 12 years.

Thanks Ben!

Reem, McLean, VA ■

WHAT WOULD BEN SAY



What Young People Should Be Learning from COVID-19

At the beach earlier this summer, I read *The Great Influenza, The Story of the Deadliest Pandemic in History*. It's about the flu of 1918.

Wow. History is repeating itself. The politics, the headlines, and the country's reaction to an overwhelming virus today are much the same as they were 100 years ago. (If you think it's inconvenient to be living with COVID-19 in 2020, then you **MUST** read this book for perspective.)

Life is not worth living if we don't learn from it. Life sends you lessons. When bad stuff happens to you, think, "What should I learn from this?" This is the discussion that you should be having around your dinner table:

- Yes, these are a tough time for many people and horrific times for others. But that's not a reason for you to despair for your future.
- There is no such thing as a 'bad economy.' The economy is always good for someone. You'd never know it from reading/watching most media, but some businesses and some people are "killing it" in this environment. Someone will always be on top, and it's not because they were 'born that way.' A couple of examples: a friend of mine owns a pizza shop. When COVID-19 hit, instead of waiting (hoping) for people to call and order pizza, he started a "pizza club"

where members are charged \$24 a month—automatically. That 'loads' one pizza on their account every month but comes with a host of other member benefits, including Monday night "buy one get one" and big discounts on beer and wine. Result: highest monthly revenue EVER and a huge crowd of 'raving fans.' Another friend owns a retail mattress store. When COVID-19 hit retail, walk-in traffic slowed to a crawl, so the store switched to "by appointment only." They were able to maintain pre-COVID sales levels because 90% of customers who made an appointment bought a new mattress.

So, what should we be learning from these examples?

- **The more you understand what motivates others** to pay you for your services, whether you are working for someone else or are self-employed, the better you will adjust to circumstances.
- **Those of us who are older know that there will be a light at the end of the tunnel.** Most of us have lived through bad situations before. The question is, "Are you working on things today to ensure you are ready when we are through this?" This is what successful people do.
- **Don't let naysayers get you down.** There are lots of people who live to

drag others down into their misery. Live your life without stopping others from living theirs, and the world will be better for it.

- **The very last thing you want to do is claim entitlement to anything from "society."** Society owes you nothing. Spend your time thinking about how to create win-win relationships. ■

FINAL WORDS

2020 has been difficult, hasn't it? More than ever, our country would benefit from the open and honest discussion of ideas.

Listen to those who disagree with you because you might learn something. Participate in the discussion at every level—dinner table, office, schools, local, and national politics. Stop the name-calling and labeling; no one's buying it. Stop the politics of fear; it impresses no one.

What you can do, on an individual level, is to refuse to participate in anything but the rational discussion of ideas. Turn everyone else off—refuse even to listen once the name-calling and labeling begin. Imagine if that's the America you wake up to tomorrow. ■

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