



Fairfax County's **Get2Green Program** is Teaching Students How to **Protect the Environment**



by Ben Glass

Due to an anonymous donor's \$500,000 endowment, the Community Foundation was able to establish the Environment Fund, which has given grants to Fairfax County Public Schools for its Get2Green

program and to the Coalition for Smarter Growth. The Environment Fund is part of the Community Foundation's Permanent Fund, launched in 2018 in conjunction with the Foundation's 40th anniversary.

In 2018, Fairfax County's Get2Green program became the first recipient of an Environment Fund grant. The grant is intended to protect, restore, and improve the natural environment of northern Virginia. The Get2Green program provides opportunities for Fairfax students of all grade levels to participate in projects to improve northern Virginia's natural environment and the grant provides them with the resources to do so.

So far, Get2Green has supported 30 schools in creating multiple projects for students, including creating vegetable gardens, creating weather stations and providing teachers with educational curriculums that encourage outdoor learning. It is great to see Fairfax County taking the initiative to improve our community. ■



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There are No Excuses Left for the Lack of a Good Education in America

This story won't help the ridiculous 'free college for everyone' movement.

Seems that there is a young man in Columbus, Ohio, who, for the last five years before being accepted into college, regularly left his school at 3:00 p.m., walked a mile and a half to a library that offered a "homework help" center and returned to his house only after the library closed each day. There is no way he "should" be going to the University of Ohio, on full scholarship, no less, this fall, because he comes from a poor family that lives in Section 8 housing in a part of Ohio beset by gang violence. No one else in his family has ever gone to college. According to news reports, at one point he got sick and had to be hospitalized, and he and his family often struggled to have enough food to eat. According to many, a kid in these circumstances is "blocked"

from ever experiencing higher education.

But look at what he did (and note that what he did did not cost him a dime.)

- *He showed up at his school.*
- *He did his homework.*
- *He sought help for stuff he did not understand.*
- *He did what he had to do (walk three miles every day) to get that help.*

Please send me someone with an excuse about how furthering one's knowledge is somehow limited in America. I'd love to interview that person on our Live Life Big podcast. (For more information *Google: Lashawn Samuel Columbus, Ohio.*) ■

THE 2020 VIRTUAL ESOPHAGEAL CANCER WALK/RUN

On June 27, 2020, and June 28, 2020, The Salgi Esophageal Cancer Research Foundation will be hosting the 2020 Virtual Esophageal Cancer Walk/Run. The deadline to register for the event is June 25, 2020.

Because the event is virtual, participants can choose to walk, run, bicycle, roller-blade, or participate in any other form of exercise. The event will not be timed, so participants can go at their own pace. The event will be hosted globally, so anyone can participate and help raise money and awareness for esophageal cancer.

Over the past four decades, esophageal cancer has increased over 700%, making it the fastest growing cancer in the United States. Esophageal cancer is extremely deadly with an overall survival rate of 19%. Despite the dangers of esophageal cancer, it remains extremely underfunded.

As we are all living in the coronavirus pandemic and are practicing social distancing, now is a great time to participate in this virtual event to get some exercise while supporting an important cause. Exercise is a great way to relieve stress during these trying times. ■





Eli Kerby

BGL's Best Bites:

ELI'S VEGETARIAN MOUSSAKA

Makes 8 servings



Ingredients:

- 3 1/2 pounds eggplant, unpeeled, cut into 1/2-inch-thick rounds
- 1/2 cup (about) olive oil
- 1 large onion, thinly sliced
- 1 cup finely chopped peeled carrots
- 1 cup finely chopped celery
- 4 garlic cloves, minced
- 12 ounces portobello mushrooms, cut into 1/2-inch pieces
- 1 teaspoon dried oregano
- 1/2 teaspoon ground cinnamon
- 1 28-ounce can crushed tomatoes with added puree
- 1/4 cup chopped fresh Italian parsley
- 1 cup grated Parmesan cheese
- 6 tablespoons (3/4 stick) butter
- 7 tablespoons all-purpose flour
- 3 1/2 cups whole milk
- 4 large egg yolks

Directions:

- 1** Cover 2 baking sheets with paper towels. Sprinkle both sides of eggplant rounds with salt. Arrange eggplant in single layer atop towels. Let stand 30 minutes.
- 2** Position first rack in bottom third of oven and second rack in top third of oven and preheat to 425°F. Remove eggplant and paper towels from baking sheets. Pat eggplant dry. Oil same baking sheets. Brush both sides of eggplant rounds with 1/4 cup oil. Arrange in single layer on baking sheets. Bake 10 minutes. Turn eggplant and rotate pans in oven. Continue baking until tender, about 15 minutes longer. Cool. Reduce oven temperature to 350°F.
- 3** Meanwhile, heat 1/4 cup oil in heavy large skillet over medium-high heat. Add onion, carrots and celery. Sauté until onion is very tender, about 12 minutes. Mix in garlic, then mushrooms. Sauté until juices evaporate, about 10 minutes. Mix in oregano and cinnamon. Add tomatoes and parsley. Cook until mixture is thick, about 10 minutes. Season with salt and pepper.
- 4** Lightly oil 13x9x2-inch glass baking dish. Arrange half of eggplant rounds in single layer in dish. Spoon half of tomato mixture evenly over eggplant. Sprinkle with 2 tablespoons cheese. Repeat layering with remaining eggplant, tomato mixture and 2 tablespoons cheese.
- 5** Melt butter in heavy medium saucepan over medium heat. Whisk in flour. Stir 2 minutes. Gradually whisk in milk. Simmer until sauce thickens, stirring constantly, about 5 minutes. Whisk in 1/2 cup cheese. Season with salt and pepper. Whisk yolks in large bowl to blend. Gradually whisk in hot sauce. Pour sauce over vegetables in dish. Sprinkle 1/4 cup cheese over sauce. (Can be made 1 day ahead. Cover; chill.)
- 6** Bake moussaka until heated through and sauce is golden brown on top, about 45 minutes (or about 55 minutes for refrigerated moussaka). Cool 15 minutes. ■

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.

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FRESH EPISODES OF THE **LIVELIFEBIG** PODCAST!



Ben Glass Interviews Suzy Willemssen - Founder of Glory Fast-Pitch Softball

While growing up in Waterloo, Iowa, Suzy was the first female to play in the boys' baseball program. She was a four-sport athlete in high school and was an all-state player in softball, volleyball and basketball. Subsequently, Suzy played softball at the University of Iowa, where she earned a B.S. in Physical Education. Suzy is the founder of the Glory travel organization, and she is head coach of the VA Glory-Willemssen 16U team. After eight seasons as the head coach at Lee HS in Springfield, Suzy was named the head coach at O'Connell HS following the legendary Tommy Orndorff. She was named the 2019 VISAA Div1 State Coach of the Year, and the team won the 2019 state championship. While at Lee, she was named the 2017 Conference Coach of the Year, an honor she also received in 2015. In 2013 and 2017 Suzy was honored to be a Fairfax County Female Coach of the Year nominee.

Suzy is a three-star Master coach for the NFCA plus a certified pitching instructor for Denny Tincher and his Fluid Dynamics approach. She has over 40 years of experience either as a player, coach or teaching professional. Suzy is a nationally known clinician for numerous youth, high school and college softball camps and events. In addition, she leads seminars and workshops in character development through sports. High energy, passion and purpose are her trademarks.

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



SMALL BUSINESS TIP:

How Businesses Should Be Thinking About Reopening

by Ben Glass

If you are a small business owner, first, let me thank you. You are the economic engine for America. You carry the weight of the world on your shoulders. I truly mean that.

Things you will want to be thinking about as you re-open:



- **There is risk in everything we do.** Please do not be persuaded to stay closed by someone who tells you that reopening is “risky.” We already know that. America wasn’t built by people unwilling to take risks. Your customers must trust you, however.
- **Follow “the rules” set out by your state.** Look, I think it’s been brain dead silly for Virginia to have totally closed parks, limited all gatherings to 10 (no matter how much space you have for them to visit or what practices you have in place) and close all “non-essential” businesses (liquor stores are essential but shoe stores aren’t????) without regard to individual circumstances, but hey, none of us want to lose our permits to operate. Besides, if we break the rules, then surely Pandemic Peggy is going to be “reporting” us on social media. So follow the rules.
- **Be transparent.** Tell your customers, patients and clients what you are doing to make it safe for them to come in. BUT...and this is a big BUT... if you say you are taking a certain precaution, it’s a really good idea to actually be doing what you are saying!
- **Be on the lookout for good deals on non-contact hand sanitizers and disposable masks.** This might well be the ‘new norm’ for a while.

NOTE: if you are a small business owner and you have questions about this or have a question about your business insurance policy, reach out to me and I will work to think this through for you. This service is free. ■

Things We Have Learned Because of the Pandemic

- The rules against restaurant take-out service for alcohol probably aren’t necessary.
- Lawyers and insurance claim handlers do not have to fly all over the country to conduct depositions and attend mediations.
- The entire family can sit down at the dinner table for weeks on end and still like each other.
- If your child is not attending each and every “virtual class” the school system is offering, life will still go on, probably without a lot of long-term harm.
- The rules prohibiting the delivery of medical and legal advice across state lines are definitely not necessary. Your doctor/lawyer doesn’t even need to be in the same room.
- Maybe we really don’t need to have our kids all signed up for five activities at a time, each requiring getting into a car and driving all over.
- Some businesses and organizations were just a house of cards waiting to be blown over by the slightest wind.
- True leaders aren’t necessarily the ones wearing the “leadership” button on their shirt. ■

WHAT WOULD BEN SAY



■ **POLITICIANS WOULDN'T BE SO MIXED UP ABOUT LIFE IF THEY LIVED BY PRINCIPLES.**

See, the Democrats are having a real hard time with the sexual misconduct allegations being leveled against Joe Biden because, two years ago, they set a bunch of “rules” when allegations were made against Supreme Court Justice nominee Brett Kavanaugh. “Always believe the woman,” and “no one would subject themselves to all this media scrutiny unless they were telling the truth” were proclaimed to be “the rules we live by,” until someone on their side faced the same circumstance. My mantra is this: think deeply about your own “rules for living.” Principles are immutable truths. Your daily decisions will be easier if you have your own “philosophy of life.” Don’t get caught swaying in the wind. (By the way, this is not a political rant. It is a rant on living life big.)

■ **IN EARLY MAY THE GOVERNMENT ANNOUNCED IT WAS “BORROWING” MORE MONEY TO DEAL WITH THE EFFECTS OF THE PANDEMIC.**

Wait what? Borrowing? From who? The government is printing money, not borrowing. Be honest.

■ **ONE COOL THING COLLEGE KIDS (AND THEIR PARENTS) SHOULD BE LEARNING FROM THE PANDEMIC:**

You don’t have to be in the same room as your professor in order to learn. Now, tell me again why you are willing to pay 3-5X for out-of-state tuition?

■ **WANT TO SAVE SOME MORE TIME OUT OF YOUR BUSY LIFE?**

Stop paying attention to anyone who wants to “contribute” to a political or policy argument by using a nickname for anyone who thinks differently from them. So, when you hear someone refer to “Moscow Mitch” (McConnel) or “Sleepy Joe” (Biden) you should just turn them off because they have just demonstrated a lack of deep thinking on the issue, and you should not be wasting your time with folks who are not deep thinkers.

■ **A BOOK YOU SHOULD READ: DAVE RUBIN'S DON'T BURN THIS BOOK.**

Why do I like it? It’s about learning to think for yourself. This book is so important that the first 10 non-lawyers who read this and email me (ben@benglasslaw.com) asking for a copy will get one from me for free.

■ **I’M WORKING ON MY NEXT BOOK, WHICH WILL BE ABOUT LIVING LIFE BIG.**

What would you like to see me write about? If you email me a question and I use it and name you in the book, I’ll send you a \$25 Amazon Gift Card!

■ **“EQUAL PAY FOR EQUAL WORK” MAKES A NICE, NEAT BUMPER STICKER.**

Everyone is “for” that, right? The United States Woman’s National Soccer Team recently failed in their lawsuit alleging they weren’t being paid “equal” to the men’s national team. Turns out they *freely negotiated a different contract*. The court’s opinion shows that these issues are not bumper sticker solvable. They are complex and, in my view, best left out of the hands of government. If you’d like to actually read the opinion before commenting, email me and I’ll email it back to you.

(Ben@BenGlassLaw.com) ■

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