



### BENGLASSLAW *Varsity Soccer* SPORTSMANSHIP CHALLENGE



## The BENGlassLaw Varsity Sportsmanship Challenge

Northern Virginia's high school soccer season has been canceled due to COVID-19. Unfortunately, this means the BenGlassLaw Sportsmanship Challenge is also canceled.

This year, we had the most schools in BenGlassLaw's Varsity Sportsmanship Challenge history volunteer to make a positive change in varsity high school soccer! We believe that all these schools are trailblazers, signaling to the world that sportsmanship in high school soccer is making a comeback.

**This year, 39 schools were eligible:**

Dominion HS	Mountain View HS	Forest Park HS
Heritage HS	North Stafford HS	Freedom HS
Loudoun County HS	Stafford HS	(Prince William County)
Parkview HS	Riverbend HS	Gar-Field HS
Riverside HS	Briar Woods HS	Hylton HS
Woodgrove HS	Broad Run HS	Woodbridge HS
Brentsville HS	John Champe HS	Potomac HS
Manassas Park HS	Freedom HS	Battlefield HS
Fauquier HS	(Loudoun County)	Stonewall Jackson HS
Kettlerun HS	Potomac Falls HS	Osborn HS
Liberty HS	Rock Ridge HS	Osborn Park HS
Brooke Point HS	Stone Bridge HS	Patriot HS
Colonial Forge HS	Tuscarora HS	
Massaponax HS	Colgan HS	

**Nineteen schools and a total of 28 teams (boys and girls) accepted the challenge. These schools include:**

Riverside HS	Mountain View HS	Hylton HS
Brentsville HS	Heritage HS	Woodbridge HS
Kettlerun HS	Riverbend HS	Potomac HS
Liberty HS	Stone Bridge HS	Osborn HS
Dominion HS	Broad Run HS	Osborn Park HS
Colonial Forge HS	Tuscarora HS	
Massaponax HS	Gar-Field HS	

**Thank you to the teams that accepted the challenge.**

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# HOW YOUR DISABILITY BENEFITS APPLICATION CAN MOVE TO THE FRONT OF THE LINE

Due to the incredibly high volume of Social Security Disability (SSD) applications, there is a large backlog that results in a 3-6 month wait before an applicant receives any decision. More than half receive a denial and have to appeal. Those who successfully appeal often have to wait 2-3 years to receive Social Security Disability benefits.

Because of the long wait time, many people with severe or fatal conditions may never receive the benefits they deserve because they run out of time. This led to the creation of the Compassionate Allowances initiative.

## WHAT ARE COMPASSIONATE ALLOWANCES?

The SSA defines Compassionate Allowances as "a way to quickly identify diseases and other medical conditions that, by definition, meet Social Security's standards for benefits."

The program was created to:

Streamline the application process

Help people suffering from extremely severe and/or rare conditions

Assist SSA workers that read the applications

## HOW DO I QUALIFY FOR COMPASSIONATE ALLOWANCES?

Meet all criteria to receive Social Security Disability benefits

Have a Physician Prove Your Condition

Have a condition that's on the Compassionate Allowances list (CAL)

## HOW TO APPLY FOR COMPASSIONATE ALLOWANCES

Fill out the Disability Benefits application as normal and the Social Security Administration will cross-check your condition to the CAL. Remember to fill out your application correctly and provided required documentation.

## WHERE TO START?

The SSDI application and appeals process can be long and frustrating, but the BenGlassLaw team is here to walk side by side with you through the process, and that starts with giving you important information about your claim.

**BENGLASSLAW™ CALL (703) 584-7277**

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## The 2020 BenGlassLaw Varsity Soccer Sportsmanship Challenge

We believe that it is not just about setting a good example for our kids; it's showing them that good behavior is rewarded in the real world and that treating each other with respect is a cornerstone of our society.

The current state of the world is a great example of applying good sportsmanship towards our communities. Reach out to those in need and find ways that you can assist them, whether it is by shopping for their groceries or checking up on them during a time of isolation and quarantine.

*The BenGlassLaw Varsity Soccer Sportsmanship Challenge is a positive way to fight for sportsmanship here in Virginia, and we refuse to let a canceled soccer season stop our mission.*



Many high schools were rewarded for their successful efforts to complete the 2019 Spring Soccer season with ZERO yellow or red cards!



## BGL's Best Bites:

# CHRIS' CONVENIENT *And Super Healthy* AVOCADO TOAST AND EGGS WITH SPINACH



Breakfast is, in my opinion, the most important meal of the day. If you're like me, and wake up early to go to the gym before work, then you know that breakfast is a hard meal to fit into the schedule. Luckily, I have mastered a healthy, protein-packed breakfast that can be prepared in 10 minutes max! I eat this literally every morning. Serves 1

- Prep Time: Max 5 Minutes
- Cook Time: Max 10 Minutes

### Avocado Toast Ingredients:

- 1-2 slices of whole wheat (or any good quality) bread (2 slices for best results)
- 1 avocado or (highly recommend getting "Trader Joe's Avocado's Number Guacamole to Go." It is extremely convenient and does not have the added spices that you find in guacamole. It is essentially an avocado spread rather than a guacamole spread. Trust me, it will save you time, aka the point of this recipe!!!)
- ½ teaspoon olive oil
- Generous amount of red pepper flakes

### Eggs with Spinach Ingredients:

- 1 egg
- ½–1 cup of egg whites (recommend egg whites from a carton, i.e. Egg Beaters)
- ½–1 cup of spinach (a good handful)
- ⅛ teaspoon salt (recommend pink salt)
- ⅛ teaspoon ground pepper
- ⅛ teaspoon of any other spice you desire (basil is a good one!)

### Process: Work on This Simultaneously

- 1 Place the toast into the toaster and put a pan on the stove at medium heat (the key here is to multi-task). While the bread is toasting and the pan is heating up, mix the egg and the egg whites together in a small bowl until the yolk is completely mixed into the egg mixture.
- 2 Next, mix the spices (salt, pepper, any desired spices) thoroughly into the eggs until the spices are evenly distributed in the bowl.
- 3 Once the surface of the pan is warm, coat the pan with nonstick spray and pour the egg mixture onto the pan.
- 4 While the eggs are cooking, take the bread out of the toaster when it has reached your desired point of toast. Generously spread the avocado, or your "Trader Joe's Number Guacamole to Go" (if you take my really great advice) onto the toast. Top with red pepper flakes and drizzle olive oil onto the avocado spread. ■



*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!



**Dr. Mark E. Franke, a grade school friend of Ben Glass, stopped by to discuss his path into a medical career and gives tips and preventative measures for the coronavirus pandemic.**

Coronavirus refers to a large family of viruses that can cause illnesses in humans and many animals. Some of these illnesses include Middle East Respiratory Syndrome (MERS), Severe Acute Respiratory

Syndrome (SARS), and, as most recently discovered, COVID-19.

**Dr. Franke is an emergency medicine physician in Fairfax, Virginia,** and is affiliated with multiple hospitals in the area, including Inova Fair Oaks Hospital and Fauquier Hospital. He received his medical degree from New York Medical College and has been in practice for more than 20 years. Emergency medicine specialists diagnose and treat patients with life-threatening conditions like heart attack, drug overdose, shock, or massive bleeding.

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

# INSIDE THE MIND OF BEN GLASS

Attorney,  
Entrepreneur,  
Father of Nine,  
and Five-Time  
Marathon Runner



## GUEST EDITORIAL: ON LIFE LESSONS WANT A C?

by Ed Linz, Author, *Eyes Right* [www.eyesright.us](http://www.eyesright.us)

*Note from Ben Glass: Ed Linz is a long-time friend, former high school teacher, coach, and, thankfully, a long-living heart transplant recipient.\* This article is full of life lessons! I've edited it slightly for length. The full article is available at Ed's website.*



Ed Linz

**Springfield, VA** – In a former life I was a high school Physics teacher. In fact, I spent well over 20 years teaching in two high schools here in northern Virginia. Although the subject material was officially Physics, I always told my students that I taught “life.” This pronouncement was always met by a few chuckles from the students in September, but by June all understood my intent. . . .and most seemed to appreciate it.

I mention these memories because I want to discuss a major topic among the Democrat candidates for President; that is income inequality. This has always been a favorite issue for political candidates. . . .when has stoking the fires of jealousy, cupidity and avarice not been a highly effective political strategy? But this year the Democrats have at least two avowed “democratic socialists” among the leading Presidential candidates. They allege that this separation has never been greater and **MUST** be eliminated.

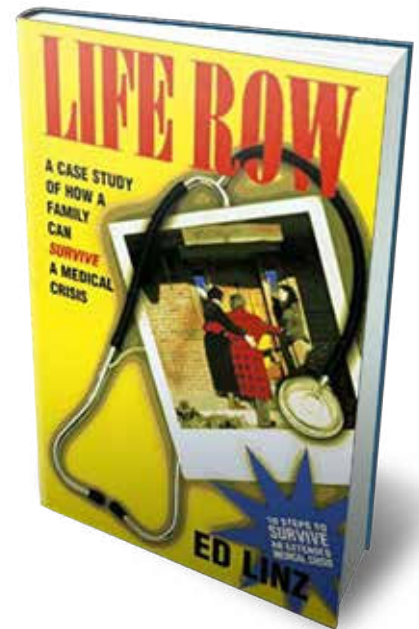
### In response I would suggest three ideas:

(1) income inequality is a natural, and unchangeable, aspect of the human condition; (2) considerable good flows from having a wealthy subset within communities; and (3) income inequality is a flawed and inappropriate yardstick by which to gauge a civilization.

With respect to the first contention, I cannot think of any community in history which has not existed with considerably greater income inequality than

what currently exists. I would suggest that even with billionaires at an all-time high in the U.S. (and throughout the world) the separation between “rich and poor” is considerably less than in Middle Age kingdoms, Egyptian pharaohs along the Nile, and India during the time of the fellow who had the Taj Mahal built to honor a favorite deceased wife. Every civilization generates haves and have-nots. Even countries which have embraced various forms of socialism generate inequality; just look at the Soviet Union in the 1970’s with factory workers queuing up for scarce food items while members of the ruling Politburo enjoyed Black Sea dachas, Mercedes and other luxury items. The bottom line is this: Income inequality exists because **we are human**. People are born with different skill sets, develop different work ethics, and are the recipients of different amounts of luck. Inequality happens.

Secondly, this **evil wealth** is also the driver of big-time philanthropy. Essentially every university in the U.S. has been, and continues to be, the beneficiary of donated buildings, museums, academic programs and sports facilities – almost always by the uber rich. Universities are not the only winners: Bill Gates is committed to eradicating polio worldwide (in addition to other numerous charitable entities; Warren Buffet has joined other billionaires to distribute considerable portions of their wealth to noble causes. Other philanthropists are using their money to fuel efforts to transform the manufacturing of cement (it currently accounts for nearly 8% of the carbon dioxide currently sent into Earth’s atmosphere), while others are providing



*Life Row: A wonderful story about the ups and downs experienced by Ed and his family as they dealt with his heart disease.*

funding to accelerate research into fusion energy. The point is that few, if any, of these projects that benefit millions of people throughout the world would happen if wealth were erased or even substantially reduced. We **need** big bucks citizens.

My third point is that income inequality is not an appropriate manner to determine the overall health of a nation. It does little good to strive for financial equality if that equality results in everyone being destitute and/or unhappy. Here in America we are currently enjoying heretofore unimaginable mass prosperity. Essentially every family has at least one cell phone and several TV’s. Obviously there is still, for some, hunger and a lack of adequate shelter. These tragedies have always been a part of every civilization. But, in general, Americans have never had it so good. In November one could not find a parking spot at the local mall for Black Friday shopping – even

\*Ed’s transplant story is chronicled in his book “Life Row, A Case Study of How a Family Can Survive a Medical Crisis.” He writes a weekly article at [eyesright.us](http://eyesright.us)

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# WHAT WOULD BEN SAY

- **CORONAVIRUS OPPORTUNITIES** Hopefully by the time you read this newsletter the world will have settled back into some sort of normalcy. There was a lot of urgency (I hate the word “panic”) in March. One of my journal entries during those couple of weeks began “Smooth Seas Never Made a Skilled Sailor.” Bad as it was, the virus created opportunities. Here were a few I came up with:

- 1 no live sports on TV = more time for family interaction, book reading and personal thinking and writing;
- 2 before the virus hit, it was getting really hard to hire since everyone had a job. Now there are a lot of good people looking to move from one industry to another. Perhaps there’s someone you need in your business;
- 3 I am not a financial advisor, but I have lived through 3 “crashes.”

My advice to everyone in my office was “stop looking at your portfolio and if you have cash to invest or can add to your 401(k), do it. You can thank me later.”

- **ON PRICE “GOUGING”** During the crisis many states enforce so-called “price gouging” laws, preventing you from selling property you own (and took a risk to buy) at whatever price you could find a willing buyer for it. These laws should be abolished. There is nothing at all unfair about raising prices to match demand. No one has a right to your property at the price they want. There are just as many small businesses that were severely hurt by the virus as people became afraid to go out and buy. It is doubtful that these businesses will be bailed out. Adversity creates both hardship and adversity (or adversity creates both hardship and opportunity?). The government just needs to stand back and let the market play out.

- **YOGA IN SCHOOLS** Unbelievable that Alabama still bans the teaching of yoga in public schools, but it is not alone. In 2016,

an elementary school in Cobb County, Georgia, tried to introduce a yoga program, but parents objected on the grounds that yoga was a “non-Christian belief system.” This is crazyland. Any course or class that teaches us how to slow down our minds and relax is good in my book.

- **NOW THIS IS INTERESTING** Walmart is getting into the business of low-cost x-rays, lab work, checkups and dentistry. Bringing big business principles to medicine will improve access to healthcare and reduce costs, in my view. I have to say that my own experience in dealing with our firm’s health insurance company, United Healthcare, tells me why medicine is so expensive. So much time and energy is devoted to paperwork and still they can’t get things right. Hopefully this Walmart experiment will go well. I’m rooting for it to succeed. ■



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Guest Editorial

with so many purchases now being made online. Ironically, almost all of those same Presidential candidates screaming against income inequality are millionaires themselves – none seem willing to part with their private jets or to follow Mother Teresa’s approach. Worldwide, extreme poverty has fallen below 10% of the world’s population for the first time – it was 60 percent just 50 years ago. Today, I communicated via WhatsApp with a young man on his cell phone who lives in a hut in Tanzania. This “capitalist thing” seems to be working pretty well.

One thing about working in a school: I saw inequality every day, at least in terms of grades achieved by my students. One of my favorite responses to questions about grade separation was simple: “OK, for the next test, I will grade your efforts as I always have, but before I return the results, I am going to take points from each of you with A’s and B’s and transfer those to everyone who has less than a C so that we can have a truly equal environment in this classroom. No matter how hard you study, no matter what your academic gifts are, everyone gets a C. This new policy should ease your minds and make your preparation easier.”

Every time I suggested this approach I was met with boos and cries of “That’s not fair!” I am guessing that the Democrat candidates would have been the ones leading the boos. ■



## PLAY LEFT FULLBACK

- Read about Ben's adoption journey
- Discover his personal tips on raising children Including how to manage the "travel sports industry"
- And learn how anyone can change their thinking in order to "Live Life Big"

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