

LIVELIFEBIG™

NEWSLETTER

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WINNING, NOT WHINING

Keeping Your Head About You When Everything "Seems" to be Going to Crap

by Ben Glass

Let's get real subculture now. I am a soccer fan. I am also a referee (and have been so for over 40 years.) I am a student of the psychology of refereeing. Ever since I was young, I've collected the biographies of referees. I probably have one of the world's biggest collections of the English language biographies of soccer referees.



Even before I understood what "mindset" was all about, I always got one really big thing out of the books: every referee has games when everything goes to crap, even if you have done nothing wrong. I pored through the books looking for descriptions of their major "incidents" and how they handled them. I have one book that analyzes some of the most controversial calls in World Cup history. (I also read the books to see how they best prepare, mentally and physically, for games).

When I was still in my teens, I was refereeing adult ethnic games in some of the best leagues in the Washington, D.C./Northern Virginia area. Most of the time, my dad would go with me. We'd park the car in the parking lot, facing out, ready for a quick getaway if need be. Sometimes we needed it. Message to young referees and to parents of young referees: it's very, very difficult appearing young, even if you are really good – like I was (I can prove it with newspaper articles and a book chapter written about me).

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

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CONGRATULATIONS TO BENGLASSLAW ON THEIR AMERICAN ACADEMY OF TRIAL ATTORNEYS AWARD!

Ben Glass has recently been recognized as one of the Premier 100 trial attorneys for

the Commonwealth of Virginia. The AATA is one of the nation's premier trial attorney communities, and award recipients must all meet stringent qualifications and show "exemplary representation of their clients." Ben would like to extend his congratulations, "not to myself, but to my clients. Our first core value at BenGlassLaw is that we serve the client, and that will never change."





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Safe Summer Driving

once the temperature rises. Monitor your tire pressure levels closely, because you don't want to be stranded on the side of the road in the dead heat of summer waiting for a tow truck.

More Work Zones

As a child growing up in the area, I thought people were joking when they said, "Northern Virginia is permanently under construction," but they were right. There is always a massive road project underway, and the summer is when construction work really picks up. We're past the rains of spring and get consistent conditions for completing work projects. Be aware that it's work zone season, and be prepared for increased traffic and the occasional detour.

Engine temperature

If you're cranking your AC nonstop in an older car, there's a chance your engine can overheat. Check your fluid and coolant levels this month, before the weather gets even hotter. Should your check engine light come on, pull over and allow your car to cool off to prevent any potential long-term damage.

Stay safe and stay cool out there!

BGL's Best Bites COWBOY CAVIAR

by Sandi Glass

It's tailgate season! If you're getting bored of salsa, try out this Cowboy Caviar as your next party dip. It's easy to make and kids love it.

Ingredients:

- 2 15 o.z cans black beans, rinsed
- 1 17 oz. can whole kernel corn, drained
- 2 large tomatoes, chopped
- 1 large avocado, diced
- 1/2 red onion, chopped
- 1/4 cup fresh cilantro, chopped

Dressing:

- 1 tablespoon red wine vinegar
- 4 tablespoon lime juice
- 2 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon ground pepper



Preparation:

- 1 Combine all ingredients in a large bowl.
- 2 Chill if making ahead. ■

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Winners, Not Whiners

So I watched with great interest the aftermath of the Gold Cup game this summer between Panama and Mexico. Even if you are not a soccer fan, you probably saw the “American Ref screws up game and Mexico wins,” or worse, “Panama officials allege match fixing.” Mark Geiger, the American referee, is very, very good. I’ve watched (and re-watched) the controversial incidents in the game and believe that he got them all right. So do a lot of his colleagues (this despite another headline that said that “American referee admits errors.” Total B.S.).

This was a very difficult game. Both the Mexican fans (who threw bottles of water and other crap on the Panamanian players after they scored a goal) and the Panamanian players (who attacked Geiger after the game, one of whom can be seen kicking another match official) were deplorable. Huge suspensions were warranted.

OK, so here’s my point: No matter what jobs we have in life, we accept tough roles sometimes. Lawyers, for example, can be criticized by clients, judges and the public, **EVEN WHEN WE DO EVERYTHING RIGHT**. Referee Mark Geiger has a ton of community support amongst the referees. I’ve seen it in the blogs and

private Facebook groups that I am in (where we have dissected everything from the match).

You cannot control certain things that happen to you in life, it’s just a fact. What you can control, however, is how you choose to react to these events. Are you going to whine and mope and be depressed, or are you going to accept reality and forge forward? There is a time for mourning or “venting,” but it must have a limit.

You will never achieve your goals if you live in the past and surround yourself with whiners.

WARNING

My question is: where is your support system? You need a support group that attacks problems head-on with positivity, not a “group whine” group. Seek out communities that are optimistic, generous, and will pick you up when you feel like everything is falling apart. Surrounding yourself with winners will turn you into a better person in the short run and the long run.

And when in doubt, behave like a world-class soccer referee: block out all the noise, and trust your training and your instincts. If you hold true to your core beliefs and principles, the rest of the world will eventually give up on bombarding you with doubts and temptations. ■

For Our Attorney Referral Partners

If you are one of our many attorney referral partners, we thank you for the people you’ve allowed us to help this past month. We always make sure the client knows that you are the hero for having made the connection. If this month you find yourself with a personal injury, long-term disability, or medical malpractice case that you don’t handle, give that person the BenGlassLaw number, 703-584-7277, and make sure they say, “Attorney (Your Name Here) sent me,” so that we know who to thank. If you have any questions about how we handle referrals, email info@benglasslaw.com with the subject line “Referral Partners” to learn more about our program.

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, medical malpractice, 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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Safe Summer Driving

The summer months always present some unique challenges for drivers all over the Washington metropolitan area. What should you be on the lookout for, and how can you keep your car running safely all season?

Be Aware of Teen Drivers

When school is out, the roads are flooded with young drivers taking their first car out for a spin and chauffeuring their friends around all summer. Good for them! I remember those summers as a lot of fun. I also remember what *a terrible driver* I was. The problem is compounded by what great drivers teens *think* they are! Keep your eyes out for inexperienced drivers once school is out.

Tire Over-inflation

Heat causes air to expand, increasing the air pressure in your tires. People who fill their tires up in the winter are sometimes at risk of a tire blowout in the summer

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