



A Monthly Publication of Ben Glass Law
This newsletter is for informational purposes only and no legal advice is intended.

“ALL YOU LAWYERS SUCK”



by Ben Glass

That was the subject line of an email that I received recently from a potential client whose case we had rejected.

She was frustrated because our firm (and, apparently many others) had rejected her case. She said, “You lawyers are all about the money.”

I get it that she was frustrated. She had been through a terrible ordeal with her dentist. Years of pain. Maybe there was malpractice and maybe there wasn't. Maybe she followed the dentist's advice for her own self care and maybe she didn't.

At BenGlassLaw, we get between 3-5 inquiries PER DAY just from people who want to sue their doctors. We get many more inquiries each day for general personal injury cases.

While different lawyers will look at potential cases differently, here's what we look at to determine whether we will accept a case:

Is the negligence clear? Doctors will win 85% of the time in medical malpractice cases in Virginia. In order to win your case, you must fit into that top 15% of cases. This is a tough mountain to climb. Essentially, there must be virtually no conceivable dispute as to what the “standard of care” was for the doctor.

Are the damages catastrophic? Yes - *catastrophic*. Virginia's tort reform laws make it very expensive to bring and maintain a medical malpractice case. Virginia then limits damages at approximately \$2 million. In a medical malpractice case, a lawyer will be devoting upwards of 1,000 hours towards the case. In addition, either the client or the lawyer is going to be advancing \$50,000 or more in case expenses. There has to be a significant payoff for this risk.

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BENGLASSLAW HAS WON THE 2015 AVVO CLIENTS' CHOICE AWARD

It's truly an honor serving this community, and we want to thank all of our wonderful clients and readers for making this award possible. It may not seem like much from the outside, but getting insurance companies to treat people with respect and pay their medical bills can be life changing for many Virginians. If you or someone you know have been in a car accident, have had your long-term disability claim denied, or been injured by a medical professional, please give us a call and let us help. ■



HEALTHY EATING OUT AND ABOUT!

by Leslie Schall

Many people eat well when cooking at home, but lose control when dining out. Don't beat yourself up if this happens; it's easy to set aside your willpower when confronted by delicious-looking restaurant options! Going out to eat is fun, and it can play a big part in how we socialize with friends and family. Sometimes it's even required for work.

So how do you avoid these restaurant pitfalls? Plan before you go! Try these 5 tips for eating healthily when dining out:

1. **Help pick the restaurant.** Look at menus in advance and find one that names the source of their ingredients and focuses on organic and local products.
2. **Drink a glass of water and eat a handful of almonds or tablespoon of almond butter before you go.** You won't be starving when you sit down and you will be able to make better mindful choices.
3. **Bread is usually highly processed white flour with preservatives.** Skip it unless it is of very high quality, homemade, and ridiculously good.
4. **Avoid processed sugar.** This can make dessert difficult, but you can order berries with real cream if you want to indulge.
5. **If you choose to have a drink, pick a glass of organic wine or a German beer.** They are a better option than a cocktail because you know what is in it - meaning no added sugar or sugary juice.

Have fun! Eating mindfully and healthily shouldn't mean feeling deprived. You can enjoy a night out with friends and still feel your best. ■

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Halloween Costume Ideas

Not only is this costume cheap as hell (red polo, khakis, belt) but it's already got a built-in punch line. BONUS: You can also go as Flo from Progressive, all you need is an apron and an ungodly amount of lipstick.

FANTASY FOOTBALL

Wizard costume + football helmet = fantasy football. If you're averse to puns, the rest of this article is not for you.

If you're reading this thinking, "C'mon, give me the cheapest and laziest you've got," look no further:

CHICKEN CORD ON BLUE

Get a blue shirt, a rubber chicken, and an old phone cord from the '90s. Wrap that cord around the chicken and yourself, and there you have it. Chicken cord on blue. You asked for cheap, not sexy.

CEILING FAN

Buy a shirt and write on it: "Go Ceiling!" You're a fan of the ceiling. A ceiling fan. I'll show myself out...

But first! I give you one of the laziest costumes on the planet:

ERROR 404

Take a white shirt and write: "Error 404: Costume not found." It'll get some groans, but if you're ever in a bind and forgot to get a costume for a party, this could be the one that bails you out. You're welcome. ■

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"All You Lawyers Suck"

Read #2 again. Money is a factor in the decision regarding medical malpractice cases. Law firms are a business, and we don't actually have unlimited money to put toward trying every single case we hear about. A well-regarded law firm is choosing between hundreds of inquiries a year as to which cases it will choose to invest its time and money capital. That is reality.

Finally, there must be a clear connection between the alleged negligence of the doctor and the damages. Sometimes doctors make mistakes and sometimes the damages are huge, but there must be a very clear connection between the negligence and the damages.

So we get it that this lady was angry. It goes with the territory. The fact that several lawyers arrived at the same decision as we did is telling, though it doesn't guarantee that this woman didn't have a case. It's just a reality we must all face, lawyers and clients alike. ■

BGL's Best Bites:

VAMPIRE BITE COOKIES

Courtesy of *BakingBites.com*

Ingredients:

3/4 cup butter, softened	1/8 tsp almond extract
1/2 cup sugar	1 1/2 cups all purpose flour
1 large egg	1/4 tsp salt
1/2 tsp vanilla extract	Approx 1/2 cup red jam (raspberry/strawberry)



Preparation:

In a large bowl, cream together butter and sugar until light. Beat in egg and extracts.

Add flour and salt to the bowl and mix them into the butter-sugar mixture at low speed until dough is just combined.

Wrap dough in plastic wrap and refrigerate for at least 1 hour.

Preheat oven to 325° F.

Divide dough in half and keep the portion you are not using in the refrigerator.

Roll dough out on a lightly floured surface until it is about 1/8-inch thick. Use a cookie cutter to cut out 2-inch rounds.

Place half of the rounds on a baking sheet, put a teaspoon of jam on each of them and cover with another round of dough. Press edges down lightly, pinching the edges onto the cookie sheet. Use a toothpick and poke two small holes (like a vampire bite) in the top of each cookie.

Bake for 10-12 minutes, until cookies are set.

Cool for about 5 minutes on the baking sheet, then transfer to a wire rack to cool completely.

Dip a toothpick in some extra red jam and insert again in the "bite" holes you made before baking to emphasize them, if not already red. Draw a blood trickle down with the jam from one of the bites, if desired.

Cookies are best the day they are made.

Makes 2 dozen. ■

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.

3915 Old Lee Highway Suite 22-B
Fairfax, VA 22030
tel 703.544.7876 fax 703.783.0686
www.BenGlassLaw.com

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Did you find Ben last month?

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HALLOWEEN COSTUME IDEAS THAT ARE CHEAP AND HILARIOUS

It's the holy grail of all Halloween costumes: what will make me look clever without hammering my wallet?

FACEBOOK PROFILE

Make a giant cardboard cutout of your Facebook profile, complete with pictures, timeline, feed, etc. Cut out a box for your face and go as your profile picture for the night.

50 SHADES OF GREY

Not as dirty as you're thinking: go around to home improvement stores picking up free swatches of grey paint. Once you've gotten your 50, attach them to a shirt or dress and voila, you're 50 shades of grey... without the weird dungeon.

JAKE, FROM STATE FARM

"What are you wearing, Jake from State Farm?" "Uhh... khakis."



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