

LIVELIFEBIG™

NEWSLETTER

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AN IRISH SENSE OF HUMOR

We love St. Patrick's Day here at BENGGLASSLAW. Although the holiday has devolved into "college kids getting drunk on green beer" over the years, it's a great opportunity to celebrate Irish culture in our uniquely American way. Unfortunately, St. Patrick is no longer available to drive the snakes from our land into the sea (we're told he's on sabbatical), but what we do have on hand is that famous Irish sense of humor.

Last year we published our favorite Irish joke and it was a fan favorite (in case you missed it, it's reprinted at the end). This year, we have some new candidates for your consideration:

THREE SHOTS

An Irishman goes into a bar and orders three whiskeys. The barman asks: *"Would it be better for you if I put all three shots in one glass?"*

The Irishman replies: *"No! I have two brothers away at war, so every time I come into a pub, I order a shot for them both."*

The following week, the Irishman orders just two whiskeys.

The barman asks: *"Did something happen to one of your brothers?"* "Oh no," replies the Irishman. *"I just decided to quit drinking."*

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Virginia Attorney
Ben Glass



A Monthly Publication of BENGGLASSLAW

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

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have a copy mailed to you.



Letter to the Editor

A letter from Dixon Hemphill, our good friend and World Record Masters Runner (90+ age group):

Dear Ben,

Becoming a VIP member and enjoying all the benefits, such as access to legal advice, entry to contests and getting a special hotline to call the firm, has been most enjoyable to me. In addition to these benefits, I have found the articles in "LiveLifeBig" most interesting and informative. In fact, I have forwarded many articles to our oldest grandson who is a successful businessman.

You and I have much in common. We both have big families, although mine with four children and nine grandkids is differently structured and we both are runners having many marathons under our belts.

About two years ago, having heard that I was a world record holder as a member of four relay teams, you contacted me and conducted two interviews that that were turned into YouTube videos and enjoyed by my friends and family members.

In conclusion, I wish you a healthy and prosperous year. Who knows what 2018 will bring? But one thing is certain: it will be a most eventful year!

Best regards,
Dixon

If you'd like to see those old YouTube videos, they're still up at www.BenandDixon.com. And if you'd like to become a VIP member like Dixon and enjoy all of the free benefits, just visit www.BenGlassLawVIP.com

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An Irish Sense of Humor...

THE DOUGHNUTS

Paddy and Mick are walking down the road and Paddy has a bag of doughnuts in his hand.

Paddy says, "Hey, Mick, if you can guess how many doughnuts are in my bag, you can have them both."

DOCTOR MAHONEY

Dr. Mahoney tells his patient: "I have bad news and worse news, John."

"Oh, dear," John replies. "What's the bad news?" asks the patient.

The doctor replies: "You only have 24 hours to live."

"That's terrible," says the patient. "How can the other news possibly be worse?"

Dr. Mahoney replies: "I've been trying to contact you since yesterday."

TEN PINTS OF GUINNESS

A Texan walks into a pub in Ireland and clears his voice to the crowd of drinkers. He says, "I hear you Irish are a bunch of hard drinkers. I'll give \$500 American dollars to anybody in here who can drink 10 pints of Guinness back to back." The room is quiet and no one takes up the Texan's offer. One man even leaves.

Thirty minutes later, the same gentleman who left shows back up and taps the Texan on the shoulder. "Is your bet still good," asks the Irishman. The Texan says "yes" and asks the bartender to line up 10 pints of Guinness. Immediately the Irishman tears into all 10 of the pint glasses, drinking them all back to back. The other pub patrons cheer as the Texan sits in amazement.

The Texan gives the Irishman the \$500 and says, "If ya don't mind me askin', where did you go for that 30 minutes you were gone?" The Irishman replies, "Oh... I had to go to the pub down the street to see if I could do it first."

LAST YEAR'S WINNER: THE PARKING SPACE

An Irishman is searching for a parking space in a crowded mall parking lot. Finally, he's had enough, and he cries out to God with a prayer. "Lord, I can't stand this! If you open up a space for me, I swear I'll never drink whiskey again, and I'll go to church every Sunday."

Suddenly, the clouds parted and a brilliant light shone down from the sky onto an empty parking space. Without hesitation, the Irishman said, "Never mind, I found one."

A very happy St. Patrick's Day to all of our readers! Stay safe out there, and absolutely do not drink and drive. It's a decision that cannot be undone.





BGL's Best Bites

COLIN'S RAINY DAY LENTIL STEW WITH SAUSAGE, CARROTS, AND KALE

From the Author: This hearty lentil stew is a celebration of coriander, which is a totally underrated spice that will make your lentils SING. This dish also reheats well, just add more chicken stock or water to rehydrate. *Important note:* don't salt the lentils until they are cooked through (after about 30 minutes of simmering), otherwise they will harden and not cook properly.

Ingredients

- 1 bag whole lentils (16 oz, about 2 cups)
- 1 large onion
- 1 bag baby carrots (1 lb)
- 1 large bunch kale (it reduces a lot in the stew)
- 6 Sausages (hot Italian or sweet)
- 6 cups chicken broth (3 cups of liquid for every 1 cup of lentils)
- 2 cloves garlic, minced
- olive oil or Pam cooking spray
- salt and pepper to taste
- 2 teaspoons coriander
- *Optional:* Frank's Red Hot Sauce

Directions:

- 1 Prep veggies and lentils. Cut carrots into bite-sized pieces; rinse kale and cut into long strips; mince the garlic; chop the onion; and rinse the lentils in a strainer (lentils do not need to be soaked, just rinsed).
- 2 Put a very light coating of oil or Pam at the bottom of a large soup pot. Add the minced garlic and start browning over medium heat.
- 3 Once the garlic is browned, add the carrots and onions. Sauté for 3-5 minutes, stirring occasionally, until the onions are translucent.
- 4 Add the strained, rinsed lentils and pour in the 6 cups of chicken broth. Turn the heat up to High and bring the lentils to a boil. Lentils will "stir" themselves.
- 5 Once the pot has reached a boil, turn the heat down to low/simmer and add the kale. Cover with a lid and allow the lentils to simmer for 30 minutes.
- 6 At the 30-minute mark, add the salt, pepper, and coriander. At this stage, the lentils will be cooked but firm. I prefer to let them cook for an additional 10 minutes so that they start to break up a little and thicken the broth, turning it from a soup into a stew, although lentil authorities classify this as "slightly overcooked." From the 30-minute mark on, you are free to serve based on your preferences.

For the sausages, here is my foolproof method:

- 1 In a pan with a lid, coat the bottom with oil/Pam and turn the heat to medium-low.
- 2 Once the pan is hot (the sausages should sizzle when they hit the pan), sear the sausages on one side for 2 ½ minutes.
- 3 Flip and sear the other side of the sausages for 2 ½ minutes.
- 4 Once the 5 minute searing phase is done, turn the heat to low/simmer and add 1/2 cup of water to the bottom of the pan. Cover with a lid and do not touch for 12 minutes.
- 5 After 12 minutes of simmering under the lid, the sausages are cooked through and ready to add to the lentil stew.

I hope you get addicted to this lentil stew as much as I have. The final finishing touch is to add a bit of Frank's Hot Sauce (optional), but don't let it overpower the coriander. ■

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, 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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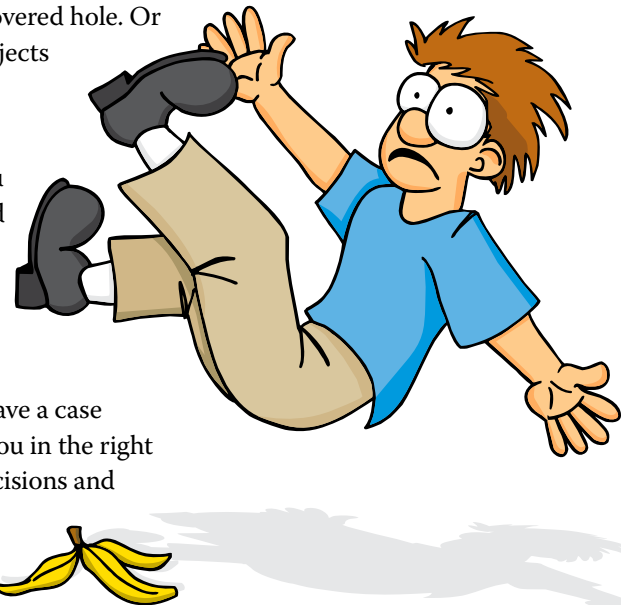
I Slipped at a Business and got Hurt. Can I Sue?

In the legal world, these are called "Slip-and-Fall" cases, and in Virginia they are very, very difficult to win if you are the injured party.

If you fell at a Walmart, for instance, whoever owns that Walmart has a responsibility to maintain the floor or sidewalk and keep it safe through "reasonable care." If they fail in that duty, they are negligent and may be responsible. For example, they can create a "dangerous condition" by perhaps leaving debris in the way, or creating an uncovered hole. Or perhaps they didn't remove snow in a timely manner, or have put dangerous objects into the walkway. These can be cases of negligence.

The kicker, however, is that Virginia is a 1% "Contributory Negligence" state. That means that if you contributed to your injuries *even by just one percent*, you cannot recover for your injuries. This means that even if the Walmart neglected to put a "wet floor" sign in the aisle, if they can prove that you *should* have been able to see the puddle, you are partially responsible for your injuries and therefore can't recover.

This is unique to Virginia and a few other states, but it means that slip-and-fall cases are incredibly tough to prove in our court system. Still, if you think you have a case and would like to talk to us about it, we're happy to hear your story and point you in the right direction. Our mission is to help everyone who calls us to make sound legal decisions and have a great experience talking to us, even if they don't need an attorney. ■



INSIDE THE MIND OF BEN GLASS

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



The BENGLASSLAW team exploring Stephen Covey's classic, *7 Habits of Highly Effective People*.



SMALL BUSINESS TIP

TAKE YOUR TEAM TO THE NEXT LEVEL

At BenGlassLaw, we are forever learners! If you tell us in an interview that you haven't read a book in years, you have no chance of working here. While we are a law firm, we truly believe that one of our major "reasons for being" is to develop our employees so that they can be the best individuals they can be! When you improve yourself, you improve your ability to work in a team.

One of the things we have been doing together is studying Stephen Covey's *7 Habits of Highly Effective People*.

Why spend work time doing a group study of this "mindset stuff?"

1 If you want your business to grow from where it is today, you either have to (1) get better quality employees, or (2) improve the ones you have (i.e., bring out the best in them). It's far less expensive to take good employees and make them even better than it is to start all over with "better" employees.

- 2** When your team is in balance individually, it improves the chance that they will work better as a team. Balance and peace of mind follow a person who develops a clear sense of his or her highest priorities and who lives with focus and integrity toward them.
- 3** If you want to change a situation, you have to first learn to change yourself.

We've been meeting once a month, getting lunch in and having fantastic discussions about how each of us can develop our habits of success further. ■

Living a Principle-Based Life

As human beings living in an advanced, technology filled society, we are called upon to make thousands of decisions every day. As parents and spouses, some of those decisions are critical.

How can you make decision making easier, reserving the very heavy and time-consuming work of the brain for only the most difficult and important decisions?

By living a principle-based life. By building a set of rules for living.

Whether you know or not, you are living your life by rules right now. Your “rule” might be “I make decisions based on how I’m feeling right now,” but that’s an exhausting, mentally taxing way to make decisions.

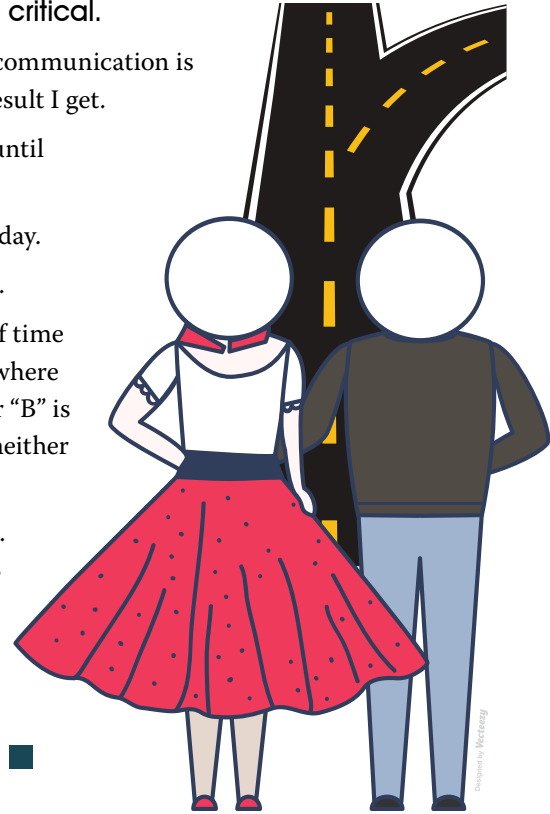
You want to establish firm rules that guide your thinking. Your principles are your GPS. They guide you to your destination without you having to think much.

So what’s a principle?

It’s a rule, a fundamental truth. A rule that is followed consistently *because* it is a fundamental truth.

Here are some of my life principles, and if you’ve been around me any length of time, this list should not surprise.

1. Where I am today is a product of the decisions I have made in the past, nothing more. Where I’ll be at any point in the future will be a product of the decisions I make today and in the future.
2. The quality of my communication is measured by the result I get.
3. Nothing happens until something moves
4. Don’t live in yesterday.
5. Don’t seek revenge.
6. Don’t spend a lot of time making decisions where either choice “A” or “B” is good enough and neither will cause harm.
7. Stand up to bullies.
8. It’s OK to Say “No” to anything you want.
9. Ignore the critics.
10. Ignore the masses. ■



UPDATE ON SPORTSMANSHIP CHALLENGE

The response has been overwhelming.

The Fairfax Connection newspaper ran a huge article featuring the challenge. Next month, we'll tell you who said "yes" and who said "we don't care!" ■

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