

A monthly publication of lighthearted stories and information from your friends at BenGlassLaw, a leading personal injury and disability firm

Life Lessons from Taylor Swift



By:
Autumn
Personal
Injury
Paralegal

I grew up listening to Taylor Swift, went to her Eras Tour last June, and practically follow her every move. I love her because when she was going through life, putting out songs about it, I was experiencing the same things. She made me (and many other fans) feel seen and reminded us that we are not alone. Here are five lessons that I learned from my life as a Swiftie:

1. Don't let other's opinions get to you.

Taylor once said "Don't let other people's opinions of you define you, especially when they don't know you." Taylor has soooo many haters (haters gonna hate) but she would "Shake It Off" and turn it into a lesson that everyone can learn.

2. When life gets hard, keep pushing.

In her song "Clean", one of the lyrics is "when I was drowning, that's when I could finally breathe." She explains that when you hit rock bottom, you discover how resilient you can be.

3. It's okay to feel all the feelings.

In Taylor's hit song, "22", she describes feeling "happy, free, confused, and lonely at the same time, it's miserable and magical." We are often taught to

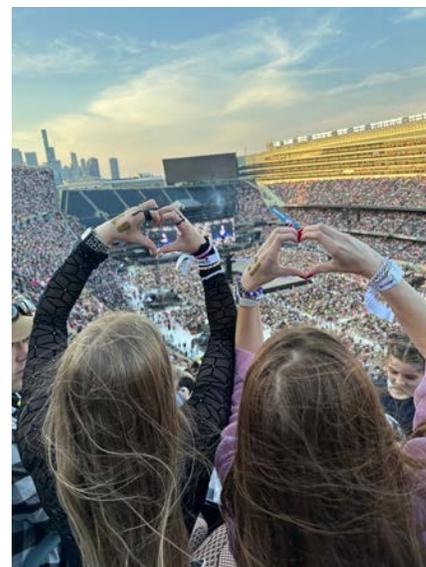
hide how we really feel, and not let anyone see if we are feeling the bad feelings. No one wants to know that, right?! (Wrong). Taylor teaches fans that it is okay to feel all the feelings - and let it show.

4. Pain can be beautiful.

Taylor Swift is an artist. Her 10-minute song "All Too Well" is one of her best-selling, yet it is one of her most painful ones to listen to ("You call me up again just to break me like a promise"). Your pain may hurt while it is occurring, but in the end, you can grow from it, and turn it into something beautiful.

5. Taking the high road is far more rewarding.

From "it's time to go" – "Sometimes giving up is the strong thing, sometimes to run is the brave thing,



sometimes walking out is the one thing, that will find you the right thing." Kanye publicly embarrassed Taylor Swift many, many times but she never brought herself down to his level. Now she is one of the most influential singer/songwriters of all time. ■



Upcoming Holidays

- Mar. 10: Daylight Savings
- Mar. 17: St. Patrick's Day
- Mar. 19-20: Spring Equinox
- Mar. 25: Holi
- Mar. 29: Good Friday
- Mar. 31: Easter

Out in the Wild



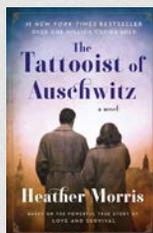
Good luck to Autumn's husband, Brandon, who is going through Marine Corps Officer Candidate School (OCS). Remember to change your socks, devil dog!

Did You Know?

Merriam-Webster's Word of the Year for 2023 was "authentic." Other notable words included "deepfake," "dystopian, and "rizz."

BGL Book Club

This month's BGL Book Club book is *The Tattooist of Auschwitz* by Heather Morris.



FRESH from the FIRM

CURRENT EVENTS & STORIES OF THOSE WE'VE HELPED



The leadership team had their annual retreat and everyone got to learn what kind of working genius they were.



We recently said farewell to our Disability Onboarding Director, Jenny, who during her time at BenGlassLaw, *always* went above-and-beyond to help anyone that called our office looking for help with their disability claim. We wish her the best on her journey to something new!

Our Personal Injury team received this glowing Google review:

"I had a case for personal injury due to a dog bite. No one would take my case because they thought they wouldn't get a good settlement out of it. This office took my case and fought to get me a great settlement. Melissa and Autumn were great about keeping me in the loop of communication so i was always aware what the status of the case was and if there were any delays. They also are very hospitable and go above and beyond to make their clients feel well taken care of."

- **Hana S.**

AS A REMINDER

Our business is built on referrals. If you or someone you know can relate to the stories above or need help after being injured in an accident or whose long-term disability or life insurance claim has been denied, we'd love the opportunity to use our years of experience & compassion to help them.

Inside the Mind of LISA DERCO

Personal Injury Attorney, Wife, Boy Mom
& Lover of Travel, Food, & Wine



Lessons Learned When Making New Family Traditions



My oldest Will (10) is starting to become more interested in things that Drew and I love, namely football and cooking. It's fun to watch the games as a family every Sunday and for Will to not lose interest by halftime of the first game. Ben (5) still needs some time to make it through multiple games, but he wants to be like his big brother so he hangs in there as long as he can. Will's two current favorite teams are the 49ers and the Chiefs, despite the rest of our family being longtime Steelers fans. Chiefs (for obvious reasons) and 49ers because his soccer number is 49. Love the logic of a 10-year-old. Needless to say, he was stoked for the Super Bowl.

Of course, when you are watching football all day, you must have some good food to go along with it. Will had been asking us to make homemade pasta for months. With the holidays and fall birthdays, we just never seemed to have a free weekend day to tackle it. We finally planned out a fun family night to make pasta...and to say it was a disaster would be an understatement. We could not get the dough the right consistency and had to resort to a store-bought back up. Will was so bummed, and I felt like a bad mom

for letting him down. We tried again the next Sunday while watching some games, and it turned out pretty great. We have been making it every Sunday since. We even have homemade sauce that he made in our neighborhood camp over the summer. It is awesome!

I am glad we finally have the dough recipe down and a fun new family tradition. I think about that first attempt and wish I had handled it a bit differently. Life sometimes gives you sticky pasta dough, but it's how you pivot to make the best out of it that matters. ■



Q&A OF THE MONTH

Describe the perfect day.

My perfect day is sitting on the beach fishing with my family with a margarita in my Yeti.



LISA LOVES...

To go along with my cooking theme this month...I am sure many of you already have this – a Heat Resistant Nylon Meat and Potato Masher! But if you don't head to Amazon now and get one. I saw this tool posted by one of the bloggers I follow and never thought it could be worth the hype. I finally purchased it, and it really is great for ground meat, crushing tomatoes, mashed potatoes, etc. Every kitchen needs one!





Inside the Mind of BEN GLASS

*Disability Attorney, Entrepreneur, Business Coach, Author,
Soccer Referee, Husband, Father to Nine, Grandfather to Seven*



Slowing Down to Zero

To celebrate my birthday, Sandi and I headed down to Anna Maria Island, Florida, for five days at the end of February.

Anna Maria Island is a quintessential beach getaway... the kind of place you think of if you just want to walk around in flipflops, turn your brain off and (for me) lay out under a palm tree to stare off at the Gulf of Mexico. What attracted us was the low commercialization, the laid-back atmosphere, locally owned restaurants, and cozy beachside cottages.

If you are curious, here's a part of the 5-star online review I left for Cedar Grove Resort:

The "hardest part" of visiting this resort is slowing down to the speed of zero. Everyone here is so friendly. You walk right out onto a beautiful beach. They have plenty of chairs and umbrellas and you can even rent an electric golf cart if you want. They have a good supply of bicycles that come with your rental. This probably wouldn't be the place to bring a family of small children because then it makes getting around a little bit harder. We ran into several people who told us they come for two to three weeks and have come back year after year. Bring a book or two, and some sunscreen.

That "slowing down" part WAS hard.

At home, my days are usually busy with workouts, leading meetings, talking to clients, and Zoom calls. I also spend time with our dogs and help



my kids with their adult-life challenges, like work, insurance choices, and occasionally looking after the grandkids.

It took Sandi and I a full day to not feel "guilty" about just hanging out with each other, deciding which direction we were going to walk on the beach, what day we were going on our long bike ride and "where's dinner tonight?"

Ultimately, we got into the groove and met other visitors and asked curious questions of the business owners we met. *(Of course, Ben, you would be chatting and getting the back story of every small biz owner you ran into!)* ■

Life With Latte

Happy almost spring! My people are ready for warmer weather, but I love the cold and all that white stuff that fell out of the sky last month. Since the people think it's too cold to be outside, we've been taking indoor fieldtrips to keep on learning.

We got to go to Dulles Airport - through security, on a mobile lounge, on a tram, up and down stairs and elevators, everything except fly on an airplane. Which is good cause I don't so much like being squished under seats.



Speaking of being squished under things, we also got to go out to dinner. Dinner for 10....puppies and their people. Only we didn't get to eat, we had to lay under the table the WHOLE TIME! And while we were under the table all the handlers enjoyed a nice meal and conversation.

We still have class every other week, but the field trips are increasing. Coming up next: a basketball game at George Mason University, a trip to the Air and Space Museum and Bowling! Ben and Sandi joke that I have a busier social life than they do!

My favorite things are being at home with my people, playing catch, chasing balls and chewing on my toys. Oh, and growing!

Til next time,
Latte 🐾



Scan to learn about Heelinghouse.org

A Challenge to be Charitable

If one of your resolutions for 2024 is to be more charitable, let me suggest a mindset model for you.

I follow a very simple model. I always carry \$200 in twenties. You can choose a higher or lower amount, but the habit is to keep your wallet filled with "tip money." I don't tip at places like convenience stores or other places where there's nothing but a counter and a handover of food/drink. However, for every restaurant server, bartender, hotel worker cleaning my room or setting up for one of my events, and, last month, a guy at the airport who was cleaning the men's room while cheerily greeting each and every person who entered, there's cash (sometimes multiples of \$20's.) Try it with any amount you are comfortable with and look to acknowledge people who might not otherwise have anyone talking to them that day. My line: *I've been watching you and you work very hard. Thank you for helping us all out.*

As soon as I take money out of the bank and put it in my wallet, I don't consider it mine anymore. It's really for the people who work hard and make my life better. This way there is no thinking involved when I see someone doing good for the world. ■



PODCAST EPISODE OF THE MONTH

Unleashing the Power of Personal Development in Law with Joan Claire Gilbert

Discover the power of personal development, leadership, and emotional intelligence in the legal profession. Learn how managing partners can enhance their team's performance and find personal fulfillment. Gilbert shares her journey from law practice to coaching, offering insights that can reshape your approach to law and life. Don't miss this episode that could change the way you think about your career.



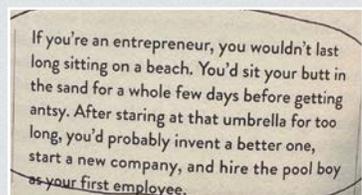
Q&A OF THE MONTH

Describe the perfect day.

All my best days start with an early morning workout and coffee on the back deck with my wife. I get to do so many things I love with people I like - it's hard to fit it all into one day.



BEST THING I READ THIS MONTH



- This quote in "Buy Back your Time" by Dan Martell. Finally - someone voiced exactly what I feel most days.



Inside the Mind of BRIAN GLASS

*Personal Injury Attorney, Entrepreneur, Business Coach,
Husband, Father to Three Boys, & Avid Traveler*



Pursuing Confidence as an Achievement

Last month, I was in Vermont at the GoBundance Winter Adventure & Mastermind. My intention on Day 1 was to connect and be inspired.

Boy, did I get both.

Let me tell you a secret: the world is not served by you playing small.

And there is nothing noble about dimming your genius, hiding your successes, and toning down your badassery so that the people around you aren't intimidated.

Their insecurities are their problem. And insecurity is loud. Confidence is quiet.

The lawyer waiting for you to finish a story so that they can tell you about how they did the same thing and got 125% of your result? Insecure.

The one who asks you how you did it, gives you a tip, and never mentions their own result? Confident.

What you need to know is that there are people watching you maybe your kids, maybe your



employees, maybe your law school friends... who need to see you achieve (and be proud of your success) in order to give themselves permission to excel.

Identify those people.

Because you owe it to them to live the 110% version of your life. ■



GLASS BROS BANTER

As we were packing to head out of town, I overheard our 10-year-old tell the younger two that the hotel we were staying at would be like the olden days and we had to use a tv that has commercials.



Q&A OF THE MONTH

Describe the perfect day.

Whatever it is, it starts with a run. Someday I'll get my wife to join me!



PODCAST EPISODE OF THE MONTH

Three Takeaways: GoBundance Winter Adventure and Mastermind

In this episode, I unpack my three biggest takeaways from the GoBundance Winter Adventure and Mastermind in Stowe, Vermont.



Inside the Mind of DAMON MILLER

*Long-Term Disability Attorney,
Husband, Storyteller, & Dragon Slayer*



A Literary Gem in Richmond

Before going on to law school, I was an English Literature major. So I spent a lot of time with the classics in college. I have a lot of favorite authors, but one of my greats is Edgar Allan Poe. I love the beautifully strange and chilling feeling that exudes from his works.

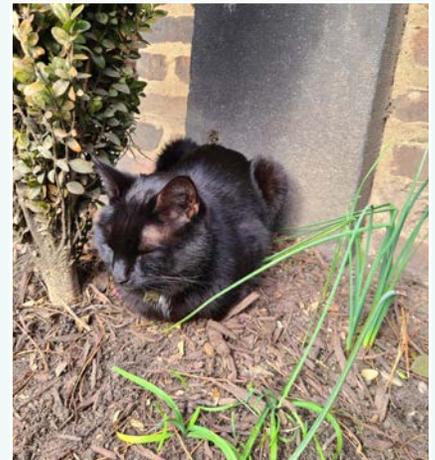
So when I found out that Richmond has a museum dedicated to Poe, I couldn't let the opportunity pass. I recently went down to Richmond for a conference with the Virginia Trial Lawyers Association. I had some extra time in my schedule before driving back home so I walked to the Poe Museum and checked it out. Nestled a few blocks away from Main Street Station, the museum is one of Richmond's hidden treasures.

I never realized Poe had such a connection to Richmond and Virginia. In fact, I learned that he spent his childhood there after he was orphaned and semi-adopted from the Allan

family in Richmond. For a time, he also worked for a newspaper in Richmond, the Southern Literary Messenger. And he even attended the University of Virginia in Charlottesville before dropping out due to his gambling problems and inability to afford tuition.

The museum does an excellent job of detailing the strange life and death of Poe, while exhibiting some artifacts from his life and related to his works, including his desk where he wrote some of his work.

As a cat lover, I also enjoyed the museum's resident cats, appropriately named Edgar and Pluto.



If you find yourself in Richmond, I'd encourage you to check out the Poe Museum. You won't be disappointed. It's a wonderful journey into the life of one of America's most iconic writers, right here in Virginia. ■



FREE DENIAL LETTER REVIEW

Did you know that if you or a loved one have been denied disability or life insurance benefits by the insurance company, our team will review the denial letter for free? We provide feedback and inform you whether hiring an attorney could strengthen your claim. Visit the QR code to simply upload your letter straight to our team for review.



Q&A OF THE MONTH

Describe the perfect day.

My perfect day is any day that has my wife Emily in it.

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GLASSGAZETTE

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The App for Book Nerds like Me



TBR - Bookshelf (12+)
The most in depth book ratings
[TBR - Bookshelf, LLC](https://www.tbr-bookshelf.com)
Designed for iPad
#20 in Magazines & Newspapers
★★★★★ 4.8 - 2.4K Ratings
Free - Offers In-App Purchases

Remember that Autumn's New Year's resolution was to read more books? Well, she's here to tell you about her progress and a great app that help her keeps track of her literature adventures:

If anyone knows me, I'm a huge book nerd. And every book nerd needs a way to track the books they read. A big app that a lot of people use is GoodReads, but I've never really thought the app was easy to use. I found a similar app called TBR – Bookshelf (the TBR stands for "To Be Read"). In the app, you can track what you want to read, what you're currently reading, and what you have read this year. You can also set reading goals for the year for how many books you've read. When you complete a book, you'll rate it and the app uses that data to recommend more books for you to read!