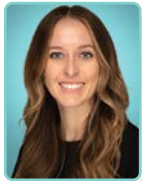


# GLASSGAZETTE

Volume 24  
Issue 6

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

## Thrifty Essentials



By:  
**Lauren**  
Marketing  
Director

I love to thrift and antique – but really, I just love to find treasures anywhere and everywhere. Here are my treasure hunting essentials for my fellow thrifty readers:

**1 Freebie Alerts App** This populates all the free items that people put up on Facebook Marketplace, Nextdoor, and OfferUp in your area – into a single timeline that you can scroll within the app. Yes, 90% of it is junk, but the other 10% can be a gold mine. **My favorite scores:** A huge Ficus Audrey indoor tree, an antique spool bed, and a vintage mid-century modern dresser.

**2 Estatesales.net** Pop in your zip code and this website will show you all the upcoming estate sales in your area, along with preview photos of the sale. PS, most estate sales are cash-only so go prepared. **My favorite scores:** Vintage Capiz Shell Chandelier (for \$25!!) and a huge concrete planter in the shape of a cowboy boot (lol).

**3 ShopGoodwill App** Most people have no idea that Goodwill has a website and an app that is an online auction like eBay. Unique antiques, vintage jewelry (they test all the metals and stones for

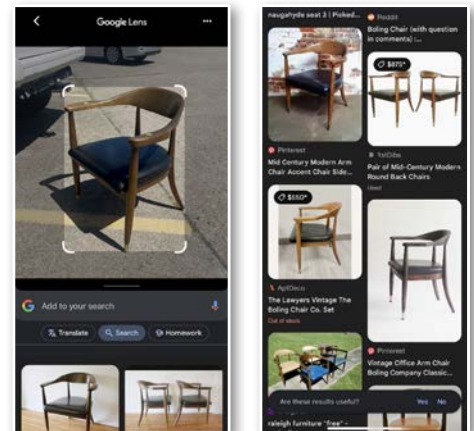
accuracy), hobby items, and really *anything* you can think of, you can bid on here. **My favorite score:** Handmade Marble Chessboard (for \$12!!).

### 4 Google Lens in the Google App

This is a fun essential to see if your treasure is actually a treasure. When your neighbors see you climb into a dumpster at a house being remodeled on your street (preface for my own dignity: I watched them throw furniture into it for hours, not actual trash), and then your neighbors see you walk home with a piece of furniture you pulled out of it, they don't think you're as crazy when you show them that the *\*pristine condition\** mid-century modern record stand you pulled out of the dumpster just sold in an online auction for \$495. Finding this information is easy with Google's reverse image search (*Google Lens*) - you take a photo or upload a photo of your item in the app, and within a second, it will bring up search results of your piece, or ones very



A photo of a chair I thrifted for \$5



Uploaded to  
Google Lens  
in the  
Google App

It shows me the  
name and value of  
the chair (recently  
sold for \$550!)

similar to it, listed around the internet. It's like taking your item to The Antiques Roadshow to learn its history and value, but it's in the palm of your hand.

Happy Treasure Hunting! ■



## Upcoming Holidays

- June 5 Global Running Day
- June 16: Father's Day
- June 19: Juneteenth
- June 20 Summer Solstice
- June 21: Take Your Dog to Work Day

## Out in the Wild



Lauren and friends spent a weekend at an Airstream in the middle of nowhere.

## Did You Know?

Father's Day is the fourth most popular holiday for greeting cards, behind Christmas, Valentine's Day and Mother's Day but just ahead of Easter.

## Small Business Spotlight

Scan the QR code to see our most recent Small Business Spotlight: *Wined & Dined*, a Northern Virginia biz that will help you throw the best dinner party ever.



# FRESH from the FIRM

CURRENT EVENTS & STORIES OF THOSE WE'VE HELPED



A normal day in the office with **Tammy's foster kittens** (look closely).



We threw Mary, our Disability Appeals Case Manager, and her soon-to-be baby boy a **'Mary is Having a Little Lamb'** themed baby shower in the office.

**Congratulations to BGL attorneys Damon Miller & Melissa Ryan who were both recognized as a 'Super Lawyers 2024 Rising Star'**; an award 'based off of an evaluation of 12 indicators including peer recognition and professional achievement in legal practice'.

We now have **three amazing team members** that are based in the Philippines.



Scan the QR code to meet Anderson, Jojo, and Nikki.

We had a team goal of hitting 300 Google reviews and we're happy to announce that at the time this is being written, we've hit 307!

**Shout out to our client, Brandon V, for this amazing review of our personal injury team that just so happened to be review #300:**

*"I was involved in a hit-and-run motorcycle accident last August and I honestly did not know where to go for help. Besides the doctor visits and physical therapy sessions I attended, Tammy and Lisa were the ones who helped me get through my times of pain. Without them I would have been lost. Tammy and Lisa worked hard and helped me get all of the benefits I was owed. They worked relentlessly and stayed in constant communication with me. Their efforts and dedicated support was of great help. I value their time and commitment. I suggest BenGlassLaw to anyone. I felt cared for by them; especially Tammy and Lisa. If you're looking for a legal team, please consider BenGlassLaw!!!! :-)"*

## 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



## Mom's Trip: Napa Valley

***I always have a hard time leaving my boys, but as Will and Ben have been getting older, it has been getting a little easier. So, when the opportunity came to celebrate one of my best friend's 40th in Napa Valley, I jumped on it. The last time I was in Napa was right after Drew and I got engaged, so it had been a while.***

**This girls trip was everything.** If you like wine (you don't have to be a sommelier!), you will love Napa. You could visit for weeks and not even put a dent in seeing all the vineyards. We went to seven while we were there, and I loved something different about each of them.

I am not as into sparkling wines, but **the cave tour at Schrambergs is a must.** It was unreal to learn the history behind the vineyard and to see how they store the wine in the caves. It gives you a true appreciation of the work that goes into every bottle. Another favorite was Far Niente. This one was a bucket list vineyard to visit. The grounds are breathtaking, as are their cabernets.

**If you are into wine, you must see the movie *Bottle Shock*.** It is the story of how Napa was put on the map. We were able to visit Chateau Montelena which is the vineyard the movie is based on. It was very surreal to try the Chardonnay that made Napa famous. We also had a gorgeous sit-down lunch at Peju. The wine, the grounds and the people were just incredible.



*I loved something different about each vineyard we visited.*

Getting away for a few days really was the reset I needed. Life can be so busy with work, running around to soccer, birthday parties, etc. I felt guilty taking the time away, but I came back rejuvenated and a better mom/wife/lawyer. Not all of my breaks will be as amazing as a girls trip to Napa, but it made me realize I need to find more time for myself. ■



### Q&A OF THE MONTH

#### Where do you see yourself in ten years?

*In ten years from now, my boys will be 20 and 15 which completely shatters my heart! The firm will be even bigger than we are now with more attorneys and paralegals to manage, and that excites me! We will travel more as a family and explore the world together.*



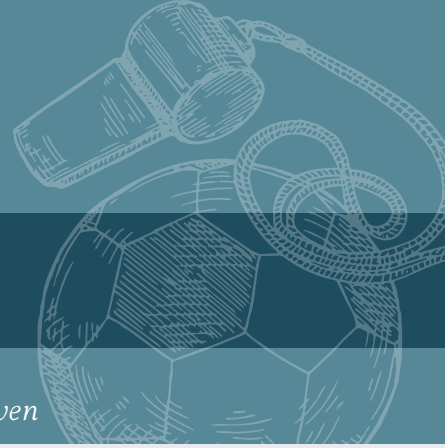
### LISA LOVES...

Another must do if you visit Napa is The Model Bakery. Oprah listed the English muffins on her 'favorite things list' and I know why. They are almost a cross between a donut and an English muffin. Best breakfast sandwich ever!



# Inside the Mind of BEN GLASS

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



## Triple Bypass Post-Op

***First, thank you to all the folks who reached out with cards, notes, Facebook and LinkedIn posts. Your messages of support meant a lot to me.***

As I mentioned last month, I underwent cardiac bypass surgery on March 19, 2024. My cardiac disease was diagnosed and investigated by very curious physicians who saw worrisome results in routine screening, and they kept pressing me to get further testing.

While I was waiting to undergo my pre-operative testing, one of my long-time friends, Kip Germain, who I played soccer with at William & Mary and on our National Championship Youth Team, died, suddenly, of a heart attack. I had just had lunch with him 10 days prior.

I spent a total of a week in the hospital and have now started cardiac rehab in a very cool gym at the hospital.

I have started to visit the CrossFit gym to do some aerobics work but mainly to see my friends there! I started back to work at BenGlassLaw about four weeks after my surgery, but to tell you the truth, the team probably got more done

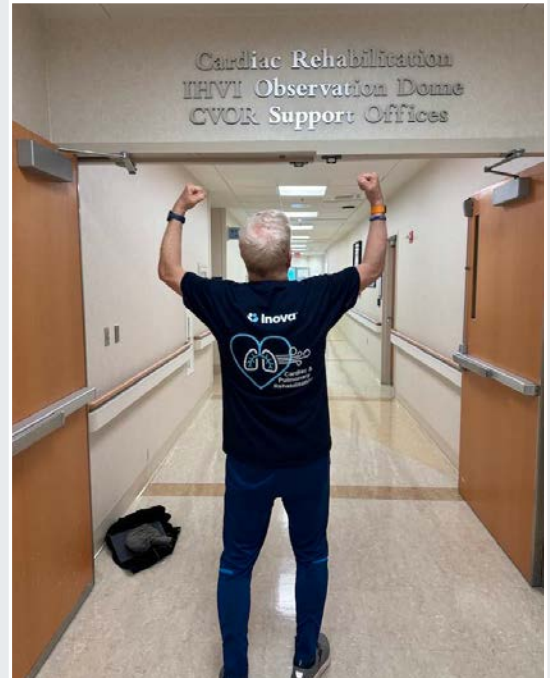
when I was not around to bug them!

In the small world category, two people have come up to me at the Rehab Gym to tell me that they recognized me from seeing my picture in this newsletter!

### LESSONS LEARNED (SO FAR)

**1 I didn't know much at all about heart disease before my hospitalization.** I figured that since I ate pretty well, exercised a LOT and didn't feel bad, there was not much to worry about. The simple screen to talk to your doctor about is the Cardiac Calcium CT Scan. It costs about \$130.00.

**2 You just have to be patient with recovery.** I want to get back to going 100 miles per hour as soon as I can, but people keep telling me,



*I have now started cardiac rehab in a very cool gym at the hospital.*

“You need to let your body heal.” They are right.

**3 This whole episode has reinforced my view of life, which is:** you have zero control over who you are born to or under what circumstances; you have some control over how many years you have to live, but you never really know when your last day will come. Thus, live your life the way you see fit, allowing others to live their lives as they see fit. Shed you life of people and things you don't like. Your life is meant to be lived for you.

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## LIVE LIFE BIG.

As entrepreneurs we are always chasing, chasing, chasing. It's mostly about the thrill of the journey, isn't it? Creating some space (for me, every morning) for reflection is healthy. It's quieting. Your mind and body needs a little quieting, doesn't it?

I had some of that over the last nine weeks as I recover from my triple bypass. Some mornings my wife, Sandi, and I, wake up and ask ourselves "was that all a dream?" It wasn't a dream of course. It was very, very real.

The reflection time has been interesting. I refined my list of what I am grateful for. Here's my current list:

**1 That I was born when I was born.** The 60's and 70's

were a great time to live my formative years. The world was a lot less complicated. Room and board at Williams & Mary was \$2,000 (reduced to \$1,500 for my partial soccer scholarship.) Law school was \$5,000 a year.

**2 That I was born into a loving, healthy, family.** We were neither rich nor poor. We had a pretty normal upbringing. My parents lived deep into their 80's and my six siblings are all alive and healthy.

**3 That I was born where I was born.** By sheer luck, born in Annandale, Virginia, in the United States. Annandale was a hotbed of youth soccer in the 70's, a national leader and when I was 18 our youth team were national champions. That's mostly because of the good fortune of where and when

I was born. From age 9 to about 22, my life was mostly about playing soccer.

**4 That my parents didn't direct us as to what we were to do in our lives.**

They supported our ideas, including the mistakes and they set guardrails on our behavior. Sandi and I have tried to model that with our children.

**5 That Sandi fought back when I tried to break up with her in college.**

Long story, but she was a mastermind! We will celebrate 43 years next month.

**6 For the people outside of my family who most changed the trajectory of my life when they came into it:**

Stephen Curtis Chapman (the adoption journey), Dan Kennedy (the marketing journey), and Samy Chong (the inner journey).

**7 That I am healthy.** Really grateful for that! ■



## PODCAST EPISODE OF THE MONTH

### Overcoming Challenges and Celebrating Milestones: A Journey of Growth and Family

**Discover how to balance personal achievements, family, and professional growth through inspiring stories, including the journey of raising a special needs child to independence and the joy of grandparenting.** Learn how to construct a life by design that energizes every realm of your existence. Tune in for an episode filled with hope, transformation, and actionable insights.



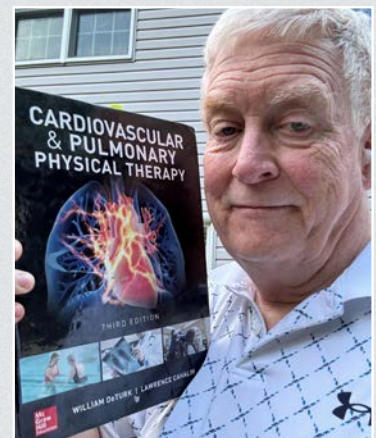
## Q&A OF THE MONTH

**Where do you see yourself in ten years?**

*Sitting on my back deck, writing my next book.*



## BEST THING I'VE READ THIS MONTH



I'm always nerding out with books when I want to learn something new.



# Inside the Mind of BRIAN GLASS

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



## Rainy Saturday Afternoon Walk Thoughts

**Professional degrees aside, do most people believe that college is worth the investment? Or are we playing along because the Bachelor's degree is required for "a good job."**

My kids are 11, 9, and 5. There seem to be very few tactical skills that they could not simply learn on the internet. There will be even less when they graduate high school. Though we're saving for college, I can't help but wonder whether they'd be better prepared for life if I set them up with a rotation of smart entrepreneurs for four years and paid for them to intern. Am I totally off base?



## Do we have too many laws? This lawyer thinks so.

I'm sitting at a coffeeshop on my "thinking day" eavesdropping on a Virginia ABC official explain to the owner all of the laws he has to comply with if he wants to supplement his coffee and pastry sales with alcohol.

You can sell alcohol, but 45% of your revenue must come from food. Only "dine-in" food counts; take out does not.

You can sell unopened beer and wine. But not liquor.

You can sell bottles of wine in house. But if someone buys and

doesn't finish one you must reseal it for them before they leave.

You can sell cocktails to go, but only if you also sell the customer a meal. A "meal" is a protein and a starch. But an egg and cheese bagel is not a meal.

To go cocktails must be sealed. Unless they are hot. Liquor in coffee does not need to be sealed.

Do these rules keep the public any safer? If not, how much money does the state spend enforcing them? ■



### GLASS BROS BANTER

**This year for our eldest's birthday we went to a DC United Game.** We scored seats up near the field and sat where the opposing team warmed up. The kids were so excited to see professional players in real life that they didn't care what team they were playing for. **We couldn't see most of the game when the action was on the other side, but it is a great memory for the books.**



### Q&A OF THE MONTH

**Where do you see yourself in ten years?**

*I'll continue to run one of the best law firms in Northern Virginia. Two of the three Glass bros will have graduated in ten years, which will free Krista and I up to travel more. But for the most part, I already live the life I want and so I don't really look at the ten-year horizon as a finish line that I'm running towards.*



### PODCAST EPISODE OF THE MONTH

**Practicing Law Without the MISERY | Jenn Deal**

Feeling stuck between work and life? This episode explores how to find fulfillment in your career. We chat with Jenn Deal, a former BigLaw Attorney who became a life and career coach. Burnout in the legal world is real. Jenn shares her own story of long hours and the toll it took on her. Sound familiar? We delve into the pressure of billable hours and how to find a career that aligns with your passions. Imagine law school with a "survival skills" class! Jenn and I discuss how coaching can empower young lawyers & the positive effect that coaching can have on your legal career.



# Inside the Mind of DAMON MILLER

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



## Legal Drama of Shazam!

***Let me tell you the story of my favorite superhero, Shazam – and how he’s caused real world legal drama. Shazam is this kid who gets superpowers from a wizard, like the ability to fly, super strength, and speed. It’s a fun twist on superhero tropes, because he has the powers of a superhero, but the mind of a kid. But it turns out his real superpower is causing legal controversy.***

As a comic book nerd who also happens to be an attorney, one of my all-time favorite trivia facts is that in the 1940s DC Comics sued Fawcett Comics (a now defunct publisher) because Fawcett’s superhero, Shazam, seemed a little too similar to Superman.

Let me preface this by saying, I know absolutely nothing about copyright laws. But it’s fascinating to me that DC would sue another company when the only two similarities are (1) the character can fly, and (2) the character is really strong. Shazam is a kid who gets his powers from a wizard and has a friend who’s a talking tiger – Doesn’t seem very much like Superman to me, but what do I know?

Fawcett initially won the lawsuit, but DC appealed, and the case was decided by a judge whose cases

law students frequently read. Judge Learned Hand (yes, that’s his real name) gave a decision that favored DC, but he sent it back down to the lower court for another decision.

DC and Fawcett settled out of court.

Years later, DC bought the character of Shazam from Fawcett and started publishing the character in DC comics. Because apparently Shazam is too close to Superman for copyright purposes, but not close enough to Superman when it comes to DC profiting off the character.

But Shazam was not done causing real-world legal drama. When Fawcett originally published Shazam, his comic book name was “Captain Marvel.” (In the comics, “Shazam” was originally the name of the wizard who gives the kid his superpowers). So, when DC bought Shazam from

Fawcett, they tried publishing him under his original name, Captain Marvel.

But, by that time, Marvel Comics had their own character named “Captain Marvel.” (No joke, there have been at least 20 or so characters over the years who have gone by the name “Captain Marvel,” not all of them owned by Marvel Comics).

Marvel sent DC a cease-and-desist letter, telling them to stop using the name “Captain Marvel” for Shazam. DC stopped and the comic book series was published under the name Shazam instead.

Between the 11-year lawsuit between Fawcett Comics and DC, and the cease-and-desist letter from Marvel, I’m not sure any superhero has created so much real-world legal drama. ■



### 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

**Where do you see yourself in ten years?**

*As a Dad.*

## GLASSGAZETTE

For feedback, comments, or to request to receive via email only, email [newsletter@benglasslaw.com](mailto:newsletter@benglasslaw.com) or call 703.544.7876

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- *Mom's Trip: Napa Valley*
- *Triple Bypass Post-Op*
- *Rainy Saturday Afternoon Walk Thoughts*
- *Legal Drama of Shazam!*

# Dad Jokes for Father's Day



- **Did you hear about the restaurant on the moon?** *Great food, no atmosphere!*
- **I don't trust stairs.** *They're always up to something.*
- **Why did the scarecrow win an award?** *Because he was outstanding in his field.*
- **What do you call a fish with no eyes?** *Fsh!*
- **What do you call a lazy kangaroo?** *Pouch potato.*
- **Why did the bicycle fall over?** *Because it was two tired.*
- **I used to be addicted to soap,** *but I'm clean now.*
- **Why did the math book look sad?** *Because it had too many problems.*
- **Why can't you give Elsa a balloon?** *Because she will let it go.*
- **How do you organize a space party?** *You planet.*
- **What do you call fake spaghetti?** *An impasta.*
- **Why don't skeletons fight each other?** *They don't have the guts.*