

GLASSGAZETTE

Volume 25
Issue 1

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

We moved to Florida!



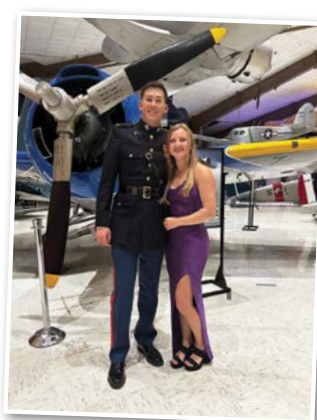
By:
Autumn Haag
Personal
Injury
Paralegal

If you don't know by now, my husband and I moved to Florida in mid-October. We are now stationed in Pensacola, Florida! We are truly living our best lives and loving it. Here are some fun things we've been doing during our first couple months in Florida:



- 1 We have **gone to the beach** every chance we can get.
- 2 We can take our **paddle boards** out consistently – the water is so clear!
- 3 **Tank and Slinky** got to hand out candy for our first trick-or-treaters!
- 4 We watched the **Blue Angels and Thunderbirds** airshow from the beach.
- 5 Brandon learned how to **scuba dive**.
- 6 We attended our fourth **Marine Corps Ball**.
- 7 I hosted my first **Thanksgiving** for all the Marines who could not go home for the holiday.
- 8 I joined a women's **beach volleyball** league.

Sending warm wishes to everyone up North that are probably reading this in their winter coats! 🧣 ■



Upcoming Holidays

- Jan 1: New Year's Day
- Jan 4: World Braille Day
- Jan 6: National Bubble Wrap Appreciation Day
- Jan 20: Martin Luther King Jr. Day
- Jan 27: International Holocaust Remembrance Day
- Jan 29: Chinese New Year

Out in the Wild



Tammy competed at DC Swing eXperience this November: one of the largest West Coast Swing events on the East Coast.

Did You Know?

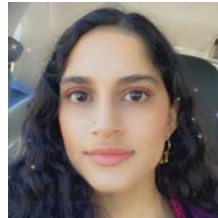
The confetti in Times Square has thousands of people's wishes written on them. In 2015 "wishfetti" became a part of the tradition where people write their wishes for the new year and submit them to the Wish Wall in Times Square (or online).

Book Club Pick

When I was in middle school, Cassandra Clare wrote *The Mortal Instruments* series, which quickly became my entire personality at the time. My husband recently took me on a date to the bookstore. To my surprise, Cassandra Clare is now working on the 18th book in the series! I highly recommend these novels to anyone looking for a young-adult fantasy series. – Autumn Haag shadowhunters.com/shadowhunters-novels

FRESH from the FIRM

CURRENT EVENTS & STORIES OF THOSE WE'VE HELPED



We welcomed Warda Iqbal, our new On-Claim Coordinator, to the team!

We are thrilled to have her join us in helping our clients with their claims.



Our team had our annual holiday party a few weeks ago at Stone Tower Winery! It was an incredible day full of celebrating our 2024 accomplishments.

Our Personal Injury team has received some great reviews lately! Shoutout to our client Alexis L. for taking the time to share with others their fabulous experience with us:

After a car accident back in November I was a little reserved with the decision to pursue a settlement for injuries. I reached out to Ben Glass Law for guidance and could not be happier with the amount of time and effort put into my case and making everything as easy as possible for me. Melissa and Autumn were able to help every step of the way and made me feel very comfortable with the process. The settlement was quick and straightforward, I did not have to do a thing. I would recommend them and the law firm with 100 percent satisfaction!! Thank you ladies!!!

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



A Roadmap to a Happier, Healthier You in 2025!



As the calendar turns into a new year, I find myself juggling roles that define my life: being a mom to two energetic young boys and managing a career as an attorney. Like many of you, I see the new year as a chance to reset, refocus, and approach life with renewed energy. Here's how I'm embracing this season with purpose—and a few tips for starting your year off fresh, whether you're a parent, professional, or both.

1. Setting Family Goals Together: In our household, we start the year by sitting down as a family to talk about what we want to accomplish. My boys might aim for something like learning a new sport or reading a certain number of books, while I focus on more balance between work and family.

TIP FOR YOU: Make goal-setting a family tradition. Write them down or create a vision board to keep everyone motivated throughout the year.

2. Prioritizing Small Wins: As an attorney, my days are packed with deadlines, negotiations, and cases. At home, it's about Legos, storytime, and endless snack requests. I've learned that celebrating small victories—whether it's successfully wrapping up a tough project or helping my boys master a new skill—keeps me energized and optimistic.

TIP FOR YOU: Celebrate your small wins! Whether it's completing a challenging task at work or getting the kids to bed on time, every victory counts.

3. Creating Space for Self-Care: Being present for my family and clients requires me to be at my best, which means carving out time for myself. For me, it might be a quiet cup of coffee in the morning or a quick workout before I start the day.

TIP FOR YOU: Find even a few minutes a day to recharge. Self-care looks different for everyone—find what works for you and protect that time.

4. Embracing the Chaos: Let's be honest—life with young kids and a demanding career is not always neat and tidy. But I've learned to embrace the chaos. The spilled milk, the mismatched socks, and the occasional late emails are all part of the beautiful mess that is my life.

TIP FOR YOU: Don't aim for perfection. Embrace the imperfections—they're often where the best memories are made.

5. Looking Ahead with Optimism: As I step into this new year, I'm reminded that each day is a fresh start. I'm grateful for my family, my career, and the lessons I've learned along the way. Whether it's tackling a challenging case or helping my boys navigate their little adventures, I'm ready to make this year meaningful.

TIP FOR YOU: Focus on the opportunities ahead, not the missteps behind. Every day is a chance to start fresh and make progress.

Here's to starting the year with hope, purpose, and maybe a little more coffee. From my family to yours, may your year be filled with growth, love, and plenty of laughter. ■



Q&A OF THE MONTH

What is one new thing you want to try or are looking forward to this year?

Drew and I love wine and have been talking about taking classes for a while. I would love to try to fit that into the schedule and budget!



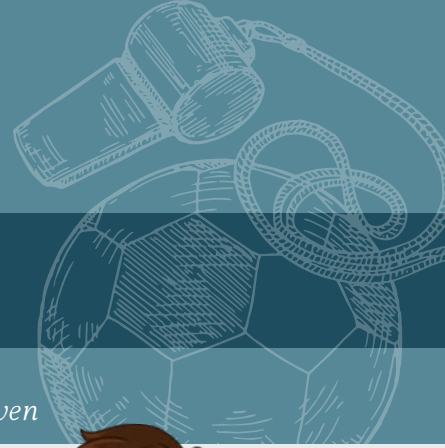
LISA LOVES...

We entertain a lot and recently purchased an **electric warming tray** that sits flat on your counter, and you place items directly on it. It works great and is a lot prettier!



Inside the Mind of BEN GLASS

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



Back to Reality: A Fresh Start for 2025

The holidays are over, the decorations are packed away, and life resumes its usual rhythm. For many, this return to routine feels like a drag—a slog back to “reality.” But what if it didn’t? What if you saw this time not as an end to the joy, but as the start of something even better?

January is a fresh start. It’s like stepping up to the first tee on a golf course: no matter what happened on the last hole—or last year—you begin again at zero. Every day, every moment is an opportunity to reset, refocus, and get better. That’s the mindset we cultivate here at Ben Glass Law, and it’s one I hope to inspire in you as well.

A COUNTRY OF UNLIMITED OPPORTUNITY

One of the things I love most about America is its boundless opportunity. This country doesn’t owe you success—but it provides everything you need to achieve it if you’re willing to learn, grow, and work hard. However, the reality of 2025 is stark: this is a bad time to be a low- or average-skilled worker.

Automation, artificial intelligence, and global competition are transforming the job market. Workers who cling to outdated skills or resist learning new ones will find themselves left behind. But the good news is this: with knowledge more accessible than ever, anyone willing to invest in themselves can thrive.

(Don’t look to the government to save you from a lack of skills—it’s not its job. The role of government is to protect you from harm, safeguard property



rights, and provide a court system for resolving disputes. That’s it.)

The question isn’t whether an opportunity exists—it’s whether you’ll seize it.

THE POWER OF THE FRESH START

Over the years, I’ve embraced fresh starts in both my personal and professional life. In the early days, when I only had four kids and two dogs, I thought I had my hands full and was “done” growing our family. Then life surprised me. Over time, our family grew to nine children—biological and adopted—and we fostered over 60 homeless dogs. Every new challenge brought with it the chance to learn, adapt, and find joy in unexpected places.

Scan to hear the adoption story →



One of my favorite lessons comes from my short-lived (and very mediocre) golf career.

For all its frustrations, golf taught me one profound truth: every hole is a fresh start. No matter how poorly you played the last one, every new tee gives you the chance to leave your mistakes behind and try again. The same principle applies to life.

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Whether 2024 was your best year yet or filled with missteps, January gives you the gift of a reset.

But here’s the key: a fresh start doesn’t happen by chance. It requires intention, effort, and—often—a willingness to leave behind what no longer serves you.

This year, I challenge you to adopt a new practice: reflect on your days and ask yourself what would make them better. Then, take action.

CREATING A REALITY YOU LOVE

At BenGlassLaw, we’ve built a tribe that thrives on fresh starts. Our team and clients don’t whine, moan, or groan about the hand they’ve been dealt. Instead, we embrace the challenge of creating the lives we want—one intentional action at a time.

This year, I challenge you to adopt a new practice: reflect on your days and ask yourself what would make them better. Then, take action. Identify the small (or big) irritations that hold you back and make a plan to address them. If you’re surrounded by “moaners and groaners,” it’s time to curate your circle. Success and joy come not from luck but from the company you keep and the mindset you cultivate.

Your reality—whether at work, at home, or on vacation—should reflect your values, goals, and dreams. And the best part? You have the power to shape it.

WELCOME TO 2025

Here’s my wish for you this year: stop treating “back to reality” as a return to drudgery. Instead, see it as the start of a new adventure. Lean into the opportunities this country offers. Acquire new skills. Make intentional choices. Surround yourself with people who inspire you to be better.

January is your first tee. A new year. A fresh start.

Welcome back to reality—a prosperous, joyful one. ■

Wise Advice from My Business Coach, Samy Chong:

The six best doctors in the world...

1. Sun
2. Rest
3. Exercise
4. Diet
5. Self-esteem
6. Friends



Worth a Listen:

Recently, Ben Glass spoke to a ballroom full of lawyers and their team members about how to live their best lives.

Listen to the episode now!



PODCAST EPISODE OF THE MONTH

Unlocking Luxury Travel for Lawyers

In this episode of The Renegade Lawyers Podcast, join me in a fascinating chat with Spencer Howard, a credit card loyalty and travel rewards expert, who shares secrets on maximizing points for luxurious travel. **Discover how to turn everyday spending into extraordinary travel experiences, from business-class flights to top-tier hotel stays.**



Q&A OF THE MONTH

What is one new thing you want to try or are looking forward to this year?

I want to learn to perfect the art of mindful eating so that all the hard work I put into CrossFit does not go to waste.



Inside the Mind of BRIAN GLASS

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



Rethinking Legal Ambition

Lawyers chase the wrong rabbit.

Ask a lawyer where they want to be in three years and (if they have any answer at all), it will be:

- I want to be a partner.
- I want to have a 7-figure firm.
- I want to hire my first associate.
- I want to have an 8-figure firm.
- I'm burnt out with this whole law thing, and I want to retire (but I know I can't).

The problem?

These are generic, results-based goals that lawyers chase because that's what we see all other lawyers chase.

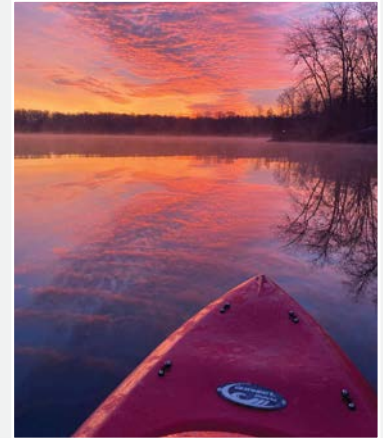
Spoiler – **you don't want that thing, you want the way you think it will make you feel.**

But when you set goals like this, two things happen:

You catch the rabbit and find yourself unhappy because it wasn't what you actually wanted. (Partnership can be like a pie-eating contest where the prize is more pie).

Or you never catch the rabbit because you were tracking for a goal and not for your activity.

If you're stuck in the same place that you were at this time last year, **then the time to start planning to make 2025 your breakout year is NOW.** ■



GLASS BROS BANTER

Last month, our Elf on the Shelf made his appearance. Every morning, our kids were excited to find out what he had been up to. On day 1, this picture captured "Harry" one minute before someone touched him, and his "magic" disappeared for the night. Multiple accusations of who was at fault ensued.



PODCAST EPISODE OF THE MONTH

The Secret to Making 2025 YOUR Breakout Year



Could 2025 be your breakout year as a lawyer? Discover how to transform your professional and personal goals with our exclusive guide to redefining success. Join me for a free training session designed to help you avoid common pitfalls in annual planning, such as adopting goals set by others and fixating on superficial revenue targets.



Q&A OF THE MONTH

What is one new thing you want to try or are looking forward to this year?

Going to Italy with the family this summer.

Inside the Mind of DAMON MILLER

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



A Year of Growth and Adventure

Happy New Year! As we step into 2025, I've been reflecting on how small moments of trying something new can lead to unexpected joy and personal growth.

Just a couple of months ago, Emily and I were invited to a gala by some friends.

At first, I wasn't sure it was for us—especially since events like these can feel a little out of my comfort zone as an introvert (and I do not know how to dance). But we decided to give it a try, and I'm so glad we did. We danced, socialized, and had a genuinely wonderful time. It was a reminder that growth isn't reserved for professional milestones or major life changes. It also happens when we take a chance on something new and embrace opportunities to stretch ourselves.

As January begins, I'm excited about what this year has in store. Emily and I will be celebrating five incredible years of marriage, and we're planning a summer trip to Montreal to help mark the occasion. It'll be an opportunity to explore a new city, enjoy quality time together, and create memories that we'll cherish for years to come. And it will be Emily's first time out of the country, so we're both incredibly excited for the trip.

This year, I want to continue leaning into opportunities for growth—whether that's trying something outside my usual

routine, tackling a new challenge at work, or simply saying "yes" to unexpected experiences. Each small step builds momentum, opening the door to more opportunities and adventures.

As you set the tone for your year, I encourage you to think about what growth might look like for you. Maybe it's trying a new hobby, stepping out of your comfort zone, or pursuing a goal you've been putting off. Whatever it is, let's make 2025 a year of exploration, growth, and saying "yes" to what's possible.

Here's to a great start to the new year! ■



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

What is one new thing you want to try or are looking forward to this year?

Poutine.

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This publication is intended to educate the general public about personal injury, ERISA disability, 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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A Soup-er Satisfying Recipe!

By: *BenGlassLaw Staff*

January is National Soup Month, the perfect time to cozy up with a warm bowl of comfort. Here is a simple yet satisfying recipe for **Creamy Potato Soup**:

INGREDIENTS

- 4 cups of chicken broth
- 4 cups of peeled and cubed Russet potatoes
- 1/2 teaspoon of seasoning salt
- 1/4 teaspoon of white pepper
- 1/4 teaspoon of either ground cayenne, chipotle, or hot paprika (to taste)
- 1 (8-ounce) package of cream cheese, cut into chunks

DIRECTIONS

1. Combine broth, potatoes, and spices.
2. Boil on medium heat until potatoes are tender.
3. Smash a few of the potatoes to release their starch for thickening.
4. Reduce to low heat.
5. Add cream cheese.
6. Heat, stirring frequently, until cheese melts.
7. For a smoother soup, use an immersion blender or transfer a cup or two at a time to a food processor or blender and puree until smooth.
8. Garnish with chives, bacon bits, or a dollop of sour cream.