

# GLASSGAZETTE

Volume 25  
Issue 7

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

## Simple Habits for a Healthier Summer Season



***Summer's in full swing—and while the sun is great for beach days and barbecues, it can also leave you feeling drained. These fun and unusual tips go beyond the basics to help you stay cool, energized, and healthy all season long.***

### **Eat Anti-Inflammatory Foods to Prevent Sunburn**

Your diet can affect how your skin reacts to the sun. Foods rich in omega-3 fatty acids (like salmon, flaxseed, and walnuts) and antioxidants (like berries, leafy greens, and tomatoes) help reduce inflammation and protect your skin from UV damage.

### **Store Up Vitamin D for Winter**

Your body can store vitamin D for months. So, safe sun exposure in summer (10–30 minutes a few times a week) can help prevent winter deficiencies.

### **Hydrate Smarter, Not Just More**

Hydration isn't just about drinking enough water—it's also about maintaining the right balance of electrolytes

like sodium, potassium, and magnesium, which are lost through sweat. While water replenishes fluids, it doesn't replace these essential minerals, so adding a pinch of sea salt or opting for a Gatorade or coconut water can improve absorption and restore balance.

### **Work Outdoors for a Mental Boost**

Consider spending short periods working or relaxing outside. It can lower cortisol, reduce muscle tension, and improve focus!

### **Cool Down with Pulse Point Therapy**

Applying cold compresses to pulse points (wrists, neck, ankles) cools your body faster than general cooling. It's a quick fix for overheating.

### **Eat Spicy Food to Cool Down**

It sounds backwards, but spicy foods make you sweat, which helps your body cool itself naturally. That's why many hot-climate cultures often embrace spicy cuisines!

At BenGlassLaw, we're all about helping you live your best life—inside and out. These simple summer strategies aren't just about staying cool; they're about staying energized, focused, and feeling your best. Whether you're soaking up the sun or staying cool indoors, small lifestyle choices can make a big difference.

**Here's to a summer season of smart choices, sunny days, and feeling your absolute best! ■**



**BENGLASSLAW**  
PERSONAL INJURY | DISABILITY

## Upcoming Holidays

- July 4: Independence Day (USA)
- July 7: World Chocolate Day
- July 12: Malala Day
- July 20: International Chess Day
- July 30: International Day of Friendship

## Out in the Wild



*Right before the end of the school year, Krista went to Mason Neck State Park with her son's first-grade class. They saw turtles, birds, and even a snake (that had all the kids shouting— some with excitement and some with fear).*

## Did You Know?

*In 1905, 11-year-old Frank Epperson accidentally invented the popsicle by leaving a cup of soda with a stirring stick outside on a cold night. He decided to taste it and liked it! So next time you're enjoying a popsicle this summer...thank a kid with a sweet tooth and a little curiosity!*

## Book Club Pick

**The Briar Club** transports readers back to 1950s Washington, D.C., where a group of women share a boarding house and gradually form friendships over weekly dinners. Each character brings her own secrets and stories, making for a compelling and heartfelt read. The historical details woven throughout add an extra layer of charm and are especially enjoyable if you live near D.C.!



- Krista G.

# FRESH from the FIRM

## CURRENT EVENTS & STORIES OF THOSE WE'VE HELPED

**We recently won a long-term disability appeal on behalf of a cybersecurity consultant living with lupus and Long COVID.** Her insurer, Reliance Standard, denied her claim—but we fought back and secured not only a reinstatement of benefits, but also backpay and attorney's fees. This win ensures our client can focus on her health instead of fighting the insurance company.

### Our team took a fun afternoon break to try out some dirty sodas.

These sweet treats, which originated in Utah, combine soda with flavored syrups and coffee creamer, creating a sweet, creamy, and refreshing drink. The mix of flavors made for some delicious combinations—safe to say, we've found a new favorite pick-me-up!



### We recently received a heartfelt review from the family member of two personal injury clients. His words remind us why we do what we do. Check out what he said:

*"My parents were involved in an accident where they were rear-ended on the highway. We wanted to ensure that they are properly compensated for their injuries and damages. We decided to go with BenGlass and it turned out to be an excellent decision. Not only were Melissa and Allie both polite and courteous, but they communicated with us every step of the way, empathized with us on our troubles, and made the entire process very easy and hassle-free on our end. My parents and I all feel that we were perfectly represented and we would recommend their services to anyone looking for a legal representation for their injuries."*

## 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



## How to Have a Fun Summer with Your Kids – While Still Crushing It at Work

*Summer is here, and if you're a working parent, you might be feeling the tug-of-war between conference calls and cannonballs. Balancing your career and creating memories with your kids isn't always easy—but with a little planning and a dose of flexibility, it can be fun. Here are some tried-and-true tips to make this summer your most fulfilling yet — for you and your kids:*



### 1. Set a Summer Rhythm, Not a Rigid Schedule

Instead of obsessing over a perfect daily plan, create a flexible routine. Mornings might be for camp or screen-free play, afternoons for quiet time or creative projects, and evenings for family adventures. A loose structure gives kids security and gives you breathing room to manage your day.

### 2. Plan Micro-Adventures

You don't need a week-long vacation to make summer magical. Think mini-memories: a weeknight trip for ice cream, a picnic at the park, backyard water balloon fights, or watching the sunset together. Quick wins can be just as meaningful as big trips — and way easier to fit in. Kids will remember these little adventures more than you know!

### 3. Make a “Summer Bucket List” Together

Sit down as a family and come up with 10–20 things everyone wants to do this summer — big or small. Tape it to the fridge and check them off as you go. It turns ordinary days into opportunities and gives kids something to look forward to. We had a family summer meeting last year and had another this year. It was a great way for everyone to get on the same page and to voice some things they really wanted to do over the break.

### 4. Time Block

Treat kid time the same way you treat work meetings — block it on your calendar and protect it. Whether it's an hour for lunch together, a morning walk before work, or an early Friday sign-off for pool time, that consistency adds up.

### 5. Outsource the Guilt

Repeat after me: You don't have to entertain your kids 24/7. Camps, playdates, grandparents, screen time (yep, it's allowed) — all of these can be tools in your summer survival kit. You're still an amazing parent even when you're not available every moment.

### 6. Be Where You Are

Whether you're working or playing, try to be present. Close the laptop when it's family time. Tune out the texts when you're building a Lego castle. And when you're working? Don't feel guilty — you're showing your kids what dedication and balance look like.

**Summer doesn't have to be all or nothing — with a little intention and a lot of grace, you can build a season full of laughter, memories, and yes, productivity too. ■**



### Q&A OF THE MONTH

#### What's your favorite productivity tool or app?

*My acrylic magnetic calendars, which I keep on my fridge! They are beautiful and keep us organized, which helps with my mental clarity.*



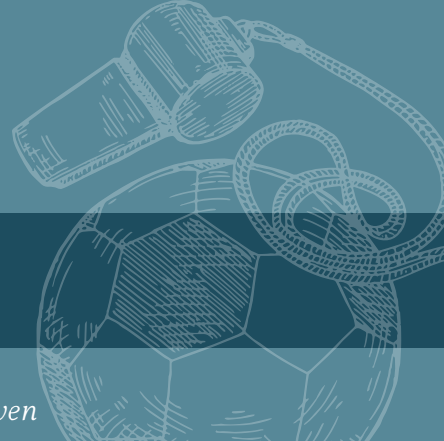
### LISA LOVES...

**A huge shoutout to my friend and neighbor, Sarah McCarty Interiors.** She is amazing and is currently tackling a bedroom redesign for us. We've used her for other areas of the house, and she has a unique skill of knowing exactly what is in my head, design-wise.



# Inside the Mind of BEN GLASS

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



## Celebrating July 4th – A Reminder of What's Still Possible

***At BenGlassLaw, we love July 4th—not just for the flags and fireworks (though we hope you're able to find some great ones this year, tariffs or not!), but because it reminds us of something deeper: the American promise.***



On July 4, 1776, our Founders signed the Declaration of Independence—a bold statement that individuals have the right to live free, to trade value for value, and to shape their own futures. That's not just history. It's your life today.

You get to decide what a meaningful, successful life

looks like. You get to choose your path—whether through labor, creativity, grit, or ambition. But here's the truth: no book, coach, or podcast will build that life for you. The most important person in your life is the one you see in the mirror each morning. And the clock is always ticking.

You didn't get to choose how your life began, and you won't control how or when it ends. But in between is your chance. One precious life. Use it well. Take the risk. Do the work. Define your own “life worth living”—and go live it.

***From all of us at BenGlassLaw,  
Happy Independence Day. ■***

## Coming Later This Year: The BenGlassLaw Referee Scholarship

**We're excited to announce a brand-new scholarship launching later this year from BenGlassLaw—exclusively for high school seniors who serve as youth sports referees or umpires.** Whether it's soccer, baseball, basketball, or volleyball, officiating develops real-world leadership skills, including confidence, decision-making, and the ability to remain composed under pressure. Inspired by Ben Glass's own journey from teen referee to attorney, this scholarship will recognize young officials who step up, take charge, and lead with integrity. Full details and application information will be released soon—stay tuned! Know a student who might qualify? **Start spreading the word now! ■**

# This Summer, Don't Let the Minimum Wage Rob You of Opportunity

As summer rolls in, teenagers across the country are looking for jobs—and many are turning them down for not paying “enough.” But here’s a hard truth: **most teens should be paying the business owner for the opportunity, not the other way around.**



There was a time in America when employers could offer any wage, and workers were free to accept or decline. It was called a free market. And it worked. People, especially young and inexperienced workers, got ahead by learning skills, not by demanding high starting pay. That system produced the greatest economic explosion—and rise from poverty—in world history.

Today’s minimum wage laws price many young people out of the market entirely, especially those without skills or connections. A job at \$5/hour that builds discipline, teaches communication, and opens doors is better than sitting at home waiting for \$15.

At BenGlassLaw, we believe freedom matters—the freedom to trade your labor, your time, and your ideas on your terms. And if you disagree with our take, you don’t have to send me an email—we welcome respectful dialogue. Join me on my podcast and let’s have a real conversation. So, to every young worker this summer: don’t be picky. Be hungry. The first job you take may be worth far more than the paycheck.

To every young worker stepping into the job world this summer: don’t worry about finding the “perfect” job right away. Be curious. Be driven. Sometimes, the value of your first job goes far beyond the paycheck—it’s the start of something bigger. Choose opportunity over entitlement. **That’s the American way.** ■



## How Dumb Can They Be?

### Disney hacked by ex-employee

A disgruntled ex-Disney employee hacked restaurant menus, adding profanities, changing prices, and—insanely—tampering with allergen warnings. One mistake could’ve killed someone. He also locked out coworkers with 100,000 login attempts. Now he’s headed to prison for 3 years.

**Revenge isn’t just petty—it can be criminally stupid.** ■

### AI-generated federal court brief

MyPillow’s legal team filed a court brief riddled with AI-generated fake citations—then blamed it on accidentally submitting the wrong draft while on vacation in Mexico. The judge wasn’t amused.

**Pro tip: If your legal arguments come from a robot, double-check before hitting “upload,” especially in federal court.** ■



## PODCAST EPISODE OF THE MONTH

### Dinosaurs Aren't Extinct – And Neither Is Direct Mail Marketing

In this episode of The Renegade Lawyer Podcast, Ben Glass sits down with Justin Miller, founder of Jurassic Marketing, to talk about how physical mail (yes, the kind you can hold) still dominates relationship-building and referrals. From monthly newsletters to dinosaur-themed campaigns that convert, Justin shares what’s working in 2025—and why small law firms should be doubling down on mail, not running from it.



## Q&A OF THE MONTH

**What’s your favorite productivity tool or app?**

Chat GPT





# Inside the Mind of BRIAN GLASS

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



## Leap First, Plan Later: Bold Statements Create Great Results

It started at Thanksgiving Dinner in 2023 with wine, my big mouth, and a little hubris.

**“We’re going to spend a month in Italy in 2025. Who else wants to come?”**

My wife raised her eyebrows, “we are?”

I am a big believer in **publicly declaring your goals and then figuring out how to do it later.**

This is the perfect example.

This summer, you’ll know where to find us. ■



### Work Hard, But Don’t Forget Who’s Waiting at Home

**Lawyers: A quick reminder about what really matters.**

Not the late nights. Not the weekend emails. Not the cases that “can’t wait.”

The only people who will remember how hard you worked as a lawyer? Your kids.

And not because they’re proud of your hustle. Because they missed you. They’ll remember if you showed up. Or if you were always “just finishing something.”

So yeah... build the firm. Win the cases. Make the money.

**But don’t forget: The most important thing you’ll ever build is a relationship with the people waiting for you at home. ■**



### GLASS BROS BANTER

**Our kids used to talk to each other through the vents in their rooms, but now they send each other messages through their Alexa devices.** Recently, our two youngest had a back-and-forth that included “stop talking to yourself” and “I can’t hear you because your big head is in the way.” What they don’t realize is that a transcript of this is sent to our phones, which is very entertaining.



### PODCAST EPISODE OF THE MONTH

**AI Can Read Your Clients Better Than You Can | Paul Bamert**

**Why do clients leave bad reviews even when you win their case?**

In this episode, Brian chats with Paul Bamert, VP of Marketing at Case Status and a speaker at the upcoming Great Legal Marketing Summit. They dig into the real reason law firms struggle with client satisfaction — and why the legal industry is way behind when it comes to measuring it.



### Q&A OF THE MONTH

**What’s your favorite productivity tool or app?**

*My favorite productivity tool is writing with a pen on paper and turning off all the apps.*

# Inside the Mind of DAMON MILLER

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



## A Summer Adventure Across Eastern Canada

*This summer, Emily and I took a much-needed getaway north of the border—to Canada! While I've had the chance to travel internationally before, this was my first time visiting Canada and Emily's first time ever leaving the country. It turned out to be a trip we'll never forget.*

We explored three incredible destinations: Montreal, Toronto, and Niagara Falls—each offering its own unique experience and charm.

**Montreal had the feel of a European city**, with its historic architecture, cobblestone streets, and vibrant cultural scene. We spent our days wandering through museums, enjoying incredible meals (yes, the poutine lived up to the hype), and admiring historic buildings. One of the highlights was a day trip to Mont Tremblant, a picturesque ski village nestled in the mountains. We laced up our hiking boots and hit the trails, soaking in the beauty of the landscape.

(Fun fact for baseball fans: the Washington Nationals actually got their start in Montreal as the Expos before relocating to D.C.!)

**Our time in Toronto was brief, but memorable.**

We didn't get to explore the city in full, but we made the most of our visit with a stop at the iconic CN Tower, where we took in sweeping views of the skyline and Lake Ontario.

**The most unforgettable part of the trip? Niagara Falls at night.** We arrived after dark, checked into our hotel, and went straight out for a walk along the illuminated cliffside path. The sight and sound of the falls—roaring water, soft lights casting shifting colors, the cool mist on our faces—made it feel like we'd stepped into another world. Peaceful, surreal, and magical. One of those rare moments that takes your breath away and stays with you.

**Canada treated us well, and we're looking forward to going back someday! ■**



*This was an unforgettable trip to Montreal, Toronto, and Niagara Falls*



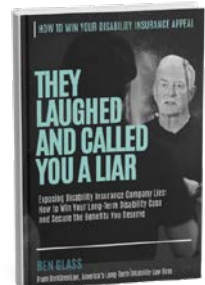
### Q&A OF THE MONTH

**What's your favorite productivity tool or app?**

*Calendly. It is a great way to schedule meetings!*

### Our NEW Long-Term Disability Book is Available Now for FREE

Ben recently published a new book, **They Laughed and Called You a Liar**, which exposes disability insurance company lies and breaks down how people can win their long-term disability case and secure the benefits they deserve. If your long-term disability benefits have been denied, this book is more than just a guide—it's your roadmap to justice. Ben Glass shares proven strategies that have helped countless clients stand up against insurance companies and win their cases. Don't let them control your future—take charge today. Download now by scanning the QR code!





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## You Know Amazon's Alexa – *But Did You Know It Could Do This?*

By: **BGL STAFF**

***If you have an Amazon Echo device at home, you're not alone—millions of households use an Alexa device to check the weather, play music, or set reminders. But beyond those everyday tasks, Alexa—and the broader Amazon ecosystem—is packed with features that make this world more accessible than ever. Here are some of them:***

- 1 **Eye Gaze on Alexa** allows users to interact with Alexa using only their eyes. Paired with Tap to Alexa, this is a game-changer for individuals with mobility or speech impairments, enabling them to play media or communicate with caregivers hands-free.
- 2 **Voice Access** on the Fire HD 10 Tablet lets users navigate apps, browse the web, and more—entirely by voice commands—making it easier for those with motor disabilities to stay connected.
- 3 **VoiceView Screen Reader** supports individuals with low or no vision to rely on audio feedback to navigate screens, read books, or browse online.
- 4 **Dialogue Boost**, available on Prime Video, enhances speech clarity by selectively increasing the volume of dialogue over background music and sound effects—ideal for viewers with hearing loss or auditory processing challenges.

These lesser-known tools make technology, and this world, a little bit more inclusive—one smart device at a time. ■