

GLASSGAZETTE

Volume 26
Issue 5

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

An Unforgettable Year in Japan



By:
Claire
Song

I lived in Nara Prefecture, Japan for a year while I was working as an Assistant Language Teacher on the Japanese Exchange and Teaching (JET) Program.

One of the most memorable places there is Nara Park. The park is huge, full of open green spaces, shady walking paths, and peaceful little ponds that make it perfect for wandering around. In spring, people gather to enjoy the cherry blossoms, and, in the fall, the park transforms as the leaves turn brilliant shades of red and orange.



The real stars of the show are the deer. There are over 1,000 deer wandering around freely throughout the park, and they're incredibly used to people. You can buy special crackers called shika senbei or "deer crackers." Some of the deer will bow to you before you give them a treat, but you have to be quick about handing over the treat

after they bow, or they might get a little impatient. It's not unusual to see them nudge visitors or try to sneak a snack if you're not paying attention—I've even seen one headbutt someone.

Beyond the deer, Nara Park also contains several major cultural sites. Todai-ji Temple, which houses one

of the world's largest bronze Buddha statues, is the most prominent. Within walking distance are additional shrines, traditional gardens, and the Nara National Museum. Even though Nara Park is one of the more well-known attractions in the area, it's still absolutely worth visiting if you're ever in Japan. ■



Upcoming Holidays

- May 10: Mother's Day
- May 12: International Nurses Day
- May 16: Armed Forces Day
- May 25: Memorial Day
- May 28: World Hunger Day

Out in the Wild



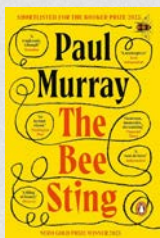
Janet, one of our on-claim coordinators, enjoyed a peaceful escape in Vero Beach, Florida, gliding through the calm waterways on a kayak and soaking in every moment of the adventure.

Did You Know?

Pollen allergies, or hay fever, affect over 20 million Americans and are caused by wind-borne pollen from trees, grasses, and weeds.

The Bee Sting

by: Paul Murray



A tragicomic family saga about the Barnes family in post-crash Ireland, exploring themes of family dysfunction, secrets, and the struggle to cope with life's "stings."

FRESH from the FIRM

CURRENT EVENTS & STORIES OF THOSE WE'VE HELPED

We are excited to announce our Fall 2025 BenGlassLaw Referee and Umpire Leadership Scholarship Winner, Harper Buettner!

Out of 200+ application essays, Harper's stood out. Harper is a high school varsity soccer goalkeeper, a youth referee, and a standout student-athlete who shared how officiating has helped her develop confidence, resilience, and decisive leadership.

After graduating this spring, Harper will attend Hood College to pursue a nursing degree while playing field hockey. She plans to become an ER or an OR nurse.

Know of a young referee or umpire that is attending a college, university, or trade school? Our spring scholarship deadline is June 16! Visit benglasslaw.com/scholarship



This review is a reminder of who we are as a team:

"I am out of Texas and met Ben and Brian when recently visiting their office... their level of care and service are over the top. How they handle people and fight for them is inspiring..."

Feedback like this reflects the standard we uphold together — showing compassion, fighting hard for our clients, and treating every person with dignity. It's a great reminder that the way we work, collectively, truly makes a difference.

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 and client-focused approach to help them.



Inside the Mind of ERYN SCOTT

*Personal Injury Attorney, Client Advocate,
Creative Crafter & Animal Lover*



Making Space for Joy

This time of year always feels like everything speeds up at once. The weather finally warms up, calendars start filling, weekends disappear into sports schedules, plans, and long to-do lists that somehow keep growing. There's an energy to it that feels exciting, but also a little overwhelming.

In the middle of all that movement, it's easy to slip into autopilot. We move from one thing to the next, focused on what's coming instead of what's right in front of us. Conversations, walks, and even the things we looked forward to start to blur together.

But when everything is moving quickly, that's usually when slowing down matters most. And slowing down doesn't have to mean doing less. It can be as simple as just being present, truly listening, noticing the first warm evening of the season, or taking a moment to appreciate something small before moving on.

It also means making space for the things that bring you joy, even in small ways. Lately, I've been learning how to embroider. It's slow, detailed, and requires just enough focus to quiet everything else. There's no rush, no deadline, just the simple act of creating something one stitch at a time. It's a reminder that not everything has to be



efficient to be worthwhile.

Things aren't going to slow down anytime soon. Spring will keep moving, schedules will stay packed, and life will continue to feel a little hectic. But there's still a choice in how we move through it.

Sometimes, the best way to keep up with everything is to pause, just long enough to actually experience it. ■



Q&A OF THE MONTH

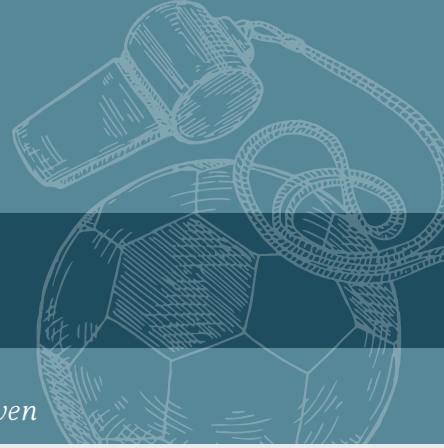
What's the most memorable place you've ever visited?

Boldt Castle on Heart Island in Alexandria Bay, New York



Inside the Mind of BEN GLASS

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



What I Taught Doctors About Life and Disability Insurance

(Ben and Sandi hit Vegas, but it's not what you think!)

Sandi and I recently had the opportunity to attend – and for me, to speak at – the White Coat Investor Conference in Las Vegas.

This was not a typical conference for me – no other lawyers in sight.

Refreshing. (We have nothing like this in the legal field – a conference devoted to your physical, mental and financial health.)

It was founded by **Dr. Jim Dahle**, a practicing emergency physician who learned early in his career that a high income does not automatically translate into financial security. After a few run-ins with questionable financial advice, he committed himself to becoming financially literate – and then built a platform to help other physicians do the same.

His mission is simple:

Help those who wear the white coat get a fair shake on Wall Street.

Why Invite Ben?

Most of the speakers at this conference focus on investing, taxes, and building financial independence.

So why bring in a lawyer?

Because while this audience has access to excellent insurance brokers who help them **buy** long-

term disability policies, they rarely hear someone who deals with what happens when someone needs to make a claim under their policy.

They wanted to hear from someone who knows the answer to this question: How do defense lawyers for insurance companies interpret the wording of the policy?

The “Holy Crap” Moment

I framed my talk around something every physician in that room understands immediately:

The unexpected, gut-punch moment.

In medicine, it might be a scan that doesn't match the symptoms.

The lab results that change everything.

The diagnosis that no one saw coming.

I shared my own version of that moment: Despite having **no symptoms**, staying active, exercising, and refereeing soccer games, I learned that I had **critical coronary artery disease** and needed **triple bypass surgery**.



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That’s a “holy crap” moment.

Then I told them:

“We have those same moments in the legal world.”

When the Claim Denial Makes No Sense

In my practice, those moments happen when we open a claim file or read a denial letter and think:

How in the world did they deny this claim for that reason?

These are the legal equivalents of shocking diagnoses.

And I shared some of those stories—the **face-slapping kind**:

- Claims denied based on selective readings of medical records
- Opinions from doctors who never examined the patient
- Definitions of “disability” twisted into something unrecognizable
- Decisions that seem to ignore the real-world demands of a physician’s job

It was frightening how many nodded in agreement.

Because for the first time, many of them were seeing the gap between:

What they were told when they bought the policy

and

How those policies can be interpreted when a claim is made

The Disconnect They Don’t See Coming

One of the most important points I made is this:

The policy you think you bought is not always the policy the insurance company thinks it sold.

That disconnect shows up after the policy is sold—when someone is sick, injured, or unable to work, and the stakes are very real.

A Conference That Gets the Big Picture Right

What impressed me most about the White Coat Investor community is that they are trying to solve the problem **before** the crisis.

Dr. Dahle’s investing advice is refreshingly straightforward:

- Create a plan
- Follow the plan
- Avoid shiny object syndrome

On the flight home, I told Sandi:

“Our kids should have been at that conference.”

Because financial independence is not mysterious. It’s not reserved for a select few.

It’s built through consistent, informed decisions over time.

Conversations That Mattered

We had the chance to meet a number of thoughtful, engaged physicians—people who were not only interested in disability insurance, but also

thinking more broadly about their careers and their families.

A surprising number asked about law school—for their kids.

I told them what I always say:

“Have them reach out. I’m happy to talk.”

Because whether it’s choosing a profession or building a financial future, real conversations beat assumptions every time.

Final Thought

If there was one idea that tied everything together, it’s this:

Big surprises happen—in medicine, finance, and law.

You can’t eliminate them.

But you can prepare for them.

And when it comes to disability insurance, preparation doesn’t just mean buying a policy.

It means understanding how that policy will be interpreted **when it matters most**.

If you’re a physician—or you advise one—this is a conversation worth having before the “holy crap” moment arrives.

– Ben Glass

P.S. Sandi and I are not big fans of “the strip,” in Vegas but we had a great time bike riding in Red Rock Canyon ■



PODCAST EPISODE OF THE MONTH

Leadership, Referees & The High School Soccer Experience



In Episode 210 of the Renegade Lawyer Podcast, Ben shares a preseason talk he delivered to the Herndon High School soccer program.

Yes — this episode is about soccer.

But it’s also about leadership, accountability, resilience, and how adults and athletes share responsibility for protecting the game.



Q&A OF THE MONTH

What’s the most memorable place you’ve ever visited?

Wembley Stadium in London!



Inside the Mind of BRIAN GLASS

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



YOLO gets a bad rap

Most people hear it and think:

“Buy the thing.”
“Stay out late.”
“Leverage BTC.”

But rearrange the words and you get YLOO.
You Live Only Once.

Different emphasis.
Different responsibility.

YOLO is about having a good time.
YLOO is about not wasting the time you’ve been given.

Let’s get this straight: you get one pass at this life.
No do-overs.
No restarts.

When you really internalize You Live Only Once, some things change:

You stop wasting years in work you hate.
You call people instead of texting them.
You stop waiting for the perfect time.
You book the trip.

(And then sometimes you YOLO through the official team store because



when will we all go to a European match again?).

YOLO is permissive recklessness.
YLOO is about responsibility.

Small shift; big difference. ■

Glass House Shenanigans

When the opposing team didn’t show up for our indoor game, we did what any reasonable group would do—we kept the field and split into our own scrimmage. Of course, we were short a few players, so we recruited some adults to fill in. As coach, I felt it was my duty (and honestly, my opportunity) to step in.

Turns out, I still think I have all the moves. My body, however, had a different opinion—one that it expressed very clearly while I spent the next two days on the couch, providing a running commentary on my soreness. ■



PODCAST EPISODE OF THE MONTH

Burned Out and Underpaid? The Red Flags That Tell Lawyers It’s Time to Go Solo | Wendy Meadows

When lawyers think about going solo, the first reaction is usually fear.
What if I can’t find clients? What if I mess up the business side?
What if leaving the firm is the worst decision I ever make?
But what if the bigger risk is staying?

In this episode, Brian sits down with family law attorney and solo practice coach Wendy Meadows to talk about the moment many lawyers quietly reach. The moment when you realize you are working harder than ever, bringing in real value to the firm, and somehow still feel stuck, underpaid, and out of control of your own career.



Q&A OF THE MONTH

What’s the most memorable place you’ve ever visited?

San Gimignano, Italy

Inside the Mind of DAMON MILLER

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



May is About Family this Year

**May kind of
snuck up on me.**

**One minute I'm buried
in deadlines, the next
I'm traveling back to
Chattanooga for my older
brother's wedding.** I'm the
best man, which is fitting.
We've always been close.

We've gone through pretty
much every stage of life
together. Most of what he
did growing up, I tagged
along for – acting, Boy
Scouts, all of it. Now I get
to stand next to him on
one of the biggest days of
his life. I'm really honored
to be part of it, and excited
to see him marry the right
person.

Then a couple weeks later, we
shift gears.

**Memorial Day week, Emily
and I will be up at Lake Anna
with her siblings for our
annual trip.** No real agenda.
Just time on the water, around
the table, and whatever the
day turns into.

It's simple, but it ends up



being one of the best weeks of
the year.

Lately I've been reminded
how easy it is to let work
take over everything. There's
always something waiting—
another case, another
deadline.

**Family time doesn't just
happen.** You have to decide
to make space for it.

So that's what May is for.

Everything else can wait a
minute. ■



Q&A OF THE MONTH

**What's the most memorable
place you've ever visited?**

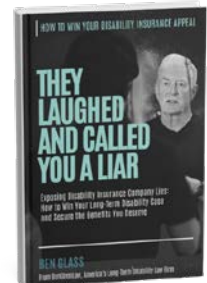
*Probably a tie between Jordan,
Jerusalem, and Australia.*

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.

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Mothers Who Changed the World

History is filled with mothers whose courage and compassion reshaped the world far beyond their own families. As we celebrate Mother's Day, it's worth reflecting on a few extraordinary women whose influence continues to echo through generations:

By: **BGL STAFF**

Sojourner Truth

A formerly enslaved mother who fought fiercely to reunite her children and became a powerful voice for abolition and women's rights.

Marie Curie

A pioneering scientist who balanced groundbreaking research while raising two daughters, one of whom went on to win a Nobel Prize as well.

Irena Sendler

A Polish mother who risked her life during World War II to save thousands of Jewish children from the Warsaw Ghetto.

These remarkable women remind us that motherhood is not only an act of love but a force for justice, innovation, and hope. And to all the mothers today — the ones juggling work, family, late-night worries, early-morning routines, and everything in between — this month is for you. Your strength, patience, and everyday acts of love continue to shape the world in ways big and small. We see you, we appreciate you, and we celebrate you. ■