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Caitlin Holding "Wren" in China

Reflections on China

Ben asked his daughter, Caitlin, to reflect on her recent trip to help open a Cleft Healing Home in China. Here's what she had to say...

There are some things in life you cannot fully understand, or appreciate, until you've experienced them yourself. China is one of those things. I finally had the opportunity to witness the traffic, eat the food, and meet the people that I've heard so much about, and the only thing I know for certain is that I'm ready to go back. It seems cliché to say, but words honestly cannot express everything we saw, thought, or did throughout our travels. I was prepared for things to be done very differently in China (Squatty potty? Bring it on!), but was not expecting so many things, especially the people, to be so similar to home. Although I've heard many wonderful stories of ventures abroad, I never before really had the desire to go. Actually, going made me realize that there is so much more to this world than the United States. So many traditions, places, and people, ripe for exploration, with so many lessons to teach and love to exchange.

Note from Ben Glass: My wife, Sandi, and I are putting together a charity team for the 2008 Marine Corps Marathon. The team will benefit Love Without Boundaries. The race is October 5, 2008. For information, visit www.TeamLWB.com.

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SUITE 22-B
3915 OLD LEE HIGHWAY
FAIRFAX, VA 22030
Tel: 703-591-9829
Fax: 703-783-0686

email: Ben@BenGlassLaw.com
www.BenGlassLaw.com
Visit our Web site for more information.

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Announcing Our New Attorneys

I have great news! My office is expanding by the addition of two excellent attorneys who will be joining BenGlassLaw as "of counsel."

David Marks is a former Allstate Insurance Company defense attorney who tried many car accident and other personal injury cases for that big insurance company.

Manuel Leiva formerly defended one of the major hospitals in our area in medical malpractice cases. Manuel also is a very accomplished criminal defense attorney.

David and Manuel will be assisting me in the day to day handling of many of my personal injury cases. I will still be chief strategist, negotiator and trial attorney for all cases but they will be providing invaluable experience, insight and expertise. Together we will be able to serve you better and (hopefully) quicker!

I can arrange for you to meet David and Manuel the next time you are in or we can set up a telephone call. The only change you should see is faster response time from us and, of course, two heads are better than one.



Updating Information on Sleep Aids

The good news about sleep aids involves the popular Ambien. It is now available in a lo-cost generic form.

Modern prescriptions for insomnia include:

- Zolpidem, *Ambien*, is most useful for sleep-onset insomnia, usually experienced by people who have trouble shutting off a busy mind. It works in seven to 27 minutes and has a low risk of dependence.

Ambien CR is a timed-release form which keeps people sleeping longer but may cause morning drowsiness.

- Eszopiclone, *Lunesta*, helps to initiate sleep, works within 10 minutes and has a low risk of dependence.

Its controlled release form keeps people sleeping longer but may also cause morning drowsiness.

- Zaleplon, *Sonata*, works for night wakening, called sleep-maintenance insomnia. It wears off before morning and has a low risk of dependence.
- Ramelteon, *Rozerem*, is a melatonin agonist and related to the natural hormone melatonin. It attempts to duplicate the body's natural mechanisms that stimulate

sleep. It works in 30 minutes and is not habit-forming, but it's not as strong as other sleep aids.

An older class of prescription sleep aids is called benzodiazepines. They carry more risks, especially for the elderly, and they may interact with other medications. They are not recommended by the Mayo Clinic. This class includes such names as Restoril and its generics, Klonopin and generics and Halcion and its generics.

Over-the-counter sleep aids such as diphenhydramine (Benadryl and others) or doxylamine (Unisom and others) offer little help for actual insomnia and may have side effects, say Mayo doctors.



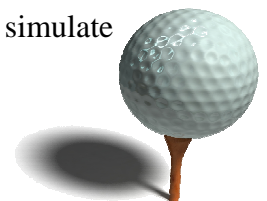
Never Play It at the Office—Too Addicting

"World Golf Tour" is predicted to be the greatest blow to office productivity in history, which is why you must never open the Web site at work. *Fortune's* Josh Quittner says when he first played at home, he played for days, "stumbling away only to eat, and if there was time, bathe."

The game puts you on world-class golf courses in stunning, high-definition. It streams the game through any browser. From your computer, you can play by yourself, with a foursome of pals or in a league.

In other video golf games, a limited number of canned shots are recycled to simulate play. With World Golf's technology, the number is virtually infinite.

The game was devised for the mature golfer, but novices will have fun, too. The demo is free and includes a short, fun tutorial.





Travel Bag – By Land or Sea, No Passport Needed Until Next Year

President Bush recently signed legislation that postpones until 2009 the requirement to show a passport when returning to the U.S. by land or sea from Canada, Mexico, or the Caribbean.

Since 2007, all AIR travelers returning from those regions have needed passports and still do.

In spite of the one-year official delay, the Department of Homeland Security requires those entering by land, ferry or small boat to at least have a photo ID plus proof of citizenship, such as a birth or naturalization certificate. Those 18 and younger need only prove citizenship.

Cruise passengers are officially exempt, but cruise lines encourage passport use and already require photo ID and proof of citizenship.

Get Well Faster After Your Accident: Consider Chiropractic Care By Patrick McNally, D.C.

When you're hurt in a car crash the options to get well again can get confusing. From emergency room to medical doctors, to orthopedics to physical therapy. In many cases chiropractic care is an effective choice to compliment treatment options. But how do you know if yours is a chiropractic case?

For most accident victims the medical providers won't find anything serious: No broken bones, no dislocations, and no nerve damage. There's no surgery that can solve the problem. The treatment of choice is usually medication and physical therapy. But these treatments may not resolve completely the pain in your head, neck or back. It's very common, and many people suffer with ongoing pain after an accident with no medical explanation. The situation becomes chronic and 'pain management' the recommendation. There may be a solution though, even in difficult cases.

When you're injured in a car crash tremendous forces are transferred through your body. Especially vulnerable are the smaller joints, ligaments and muscles, as are found in the spine. If in fact your problem is limited to muscle injury physical therapy may prove very helpful. But if you've experienced trauma and sprain to spinal joints

resulting in abnormal joint position, muscle spasm may be secondary (protective) to the underlying problem. The solution then is to treat the joint and spine structures directly. Gentle chiropractic spinal adjustments may be the answer.

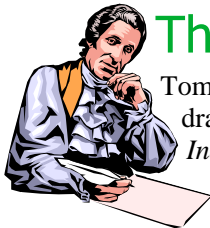
The word "chiropractic" derives from the Greek "praktikos," to practice and "cheir," hand. Chiropractors, then, practice with the hands. In other words, we apply only manual, natural methods to relieve pain and restore balance to traumatized or unbalanced body parts. "Structural reintegration" is a phrase that applies. In relation to car crash injuries this can result in total recovery for those who may not be responding to orthodox approaches (i.e., medications or other therapies).

Simply put, trauma to spinal joints and ligaments sends a signal to the brain that something's wrong. The response to that signal is to send a message to the small and large muscle groups to tighten up around the injured area. Until the joint structures are in normal position the situation can't change. In addition, swelling, pinching of nerves and chemical irritants can cause many symptoms. These may include back and neck pain, limited mobility, headaches, numbness, tingling or pain in arms or legs, among others.

There's no reason not to seek out the services of a competent and fully licensed chiropractor. In fact, statistically speaking chiropractors offer one of the safest methods of care available, as reflected in the very low malpractice premiums paid by doctors of chiropractic in every state. It's valuable to be aware of misinformation in the health care marketplace and make choices that reflect your best interests. Ask many questions and don't be satisfied until it all feels right to you.

It's important, too, that your chiropractic physician work with other providers for your best possible response. In service to your highest needs, and understanding the limits of various treatment options, all providers should be willing to refer and cooperate to give you everything necessary for a full recovery. In this way your needs can be met without undue costs or long term suffering. For your health's sake, consider it.

Patrick McNally, D.C. has been licensed by the Virginia Board of Medicine since 1986 as a chiropractic physician. He maintains an active practice in Herndon, Virginia. He can be reached at (703) 481-1616.



Thomas Jefferson, the Great Cryptographer

Thomas Jefferson is well known for drafting the *Declaration of Independence*, serving as George Washington's Secretary of State, and going on to be the country's third President. As we mark his 1743 birthday on April 13, it is interesting to know that he was also a cryptographer.

When he sent Capt. Meriwether Lewis and William Clark on their trek west to map the huge Louisiana Purchase, Jefferson used his skill with codes to create a cipher and key which Lewis could use to send back secret reports and details of the Native American cultures. Jefferson knew the information was at risk as it made its tedious way back to Washington by way of lone riders, on pack wagons, and on small river craft.

The code design incorporated a matrix for reading the text created from the piece of cardboard containing a hole that would reveal letters in the document.

Previously, he invented the Jefferson wheel cipher used during the American Revolution to communicate with The Colonies from Paris where he was serving as ambassador to France. He later abandoned the wheel, consisting of 26 rotating disks, but the French continued to use it until the 1890s.

The U. S. Army used similar devices in the early part of the 20th century, and the British developed a like device to break the infamous Enigma Code used by the Nazis in World War II.

Leaders throughout history have written in ciphers, including Julius Caesar, Charlemagne, and Louis XIV.

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Reflections on a trip to China—The world is small.

April is Alcohol Awareness Month



Let's educate our teens against drinking and driving

Reason #25 for the high cost of medical care

A former dentist from Pennington Gap has been found guilty by a federal jury of 10 felony charges, including racketeering and fraud.

According to attorneys, since 1998, Roy Shelburne had been billing insurance carriers and Medicaid for services that were never performed or were not necessary for his patients that were low-income and/or underage. In some cases, the procedures harmed their health.

Mr. Shelburne is now facing a maximum penalty of a prison sentence of 120 years and fines of \$1.25 million. He is scheduled to be sentenced on June 9.

Reminder About Our Firm's Communication Policy

Our promise to you is that while we are working on your case we don't take inbound phone calls, faxes or emails. Ben Glass takes no inbound unscheduled phone calls whatsoever. It makes him much more productive and helps get your case resolved faster. You can always call Ben's Assistant, Terry Patterson (703) 591-9829 and schedule an in person or phone appointment, usually with 24-48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today. Remember too, that email is "quick" but is checked no more than twice a day. Replies are then scheduled into the calendar. So if it's really important, don't email – call Terry instead.