



MAX MEYERS LAW
SPOKE & WHEEL



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FAMILY FUN
in Seabrook

by Dawn Husmoe

Our family recently took a long weekend getaway to the town of Seabrook, Washington. We had several family friends who were raving about this quaint little community located just south of Pacific Beach along the Washington Coast. The drive was relatively quick from the Seattle area (2½ hours), leaving us plenty of time to enjoy the rest of the day after arrival!

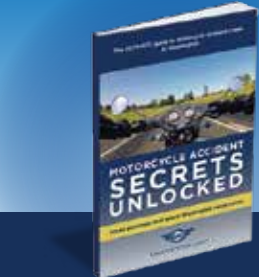
Seabrook is known for its cottage style rentals, which come fully furnished and include all the amenities you will need for your stay (bedding, linens, dishes, cookware and more). Within this pedestrian friendly community you will find a spa, a bakery that serves pastries and coffee, a small market, restaurants, shops, bike rentals (which is very popular), a pottery painting studio, hiking trails and easy access to the beach! The community has bon fire pits located throughout where you can gather and meet other visitors staying in Seabrook. You will find games like horse shoes, shuffle board and bocce ball located throughout the community. You will also find an indoor heated pool and hot tub, basketball courts and an outdoor playground, making this a wonderful place to vacation if you have kids. Many of the rentals in Seabrook are pet friendly, so you will find a dog park with several doggie bag stations located along the streets and trails.



There was a trail next to the cottage we stayed in called the "Gnome Trail" that lead us down to the beach. The trail sign said that there was a colony of gnomes that lived in the woods along the trail. Our boys thought this trail was the coolest thing ever!! We LOVED searching for all of the little gnome houses hidden in the woods along the trail. The boys wanted in on the action and built their own little version of a gnome house as well. Unfortunately, Matthew, our youngest, knocked it to smithereens before I could get a picture, but you can check out the photos of other gnome's houses on the Seabrook Facebook page at www.facebook.com/DaydreamCottage/photos/?tab=album&album_id=632710896761540.

If you are looking for a quick weekend getaway, I highly recommend checking out Seabrook. We enjoyed our walks down to the beach and family bonding time during our stay. Great memories were made here while hunting for shells, building sandcastles, swimming in the pool and making s'mores at the bonfire pits. The next time we visit Seabrook we look forward to renting bikes and cycling around town with the kids!

If you are interested in finding out more about Seabrook please visit: www.seabrookwa.com.

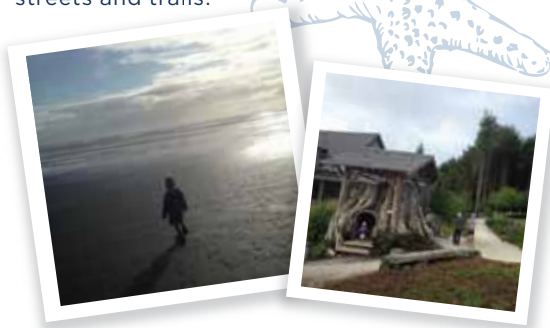


FREE INSTANT DOWNLOAD

Discover the secrets insurance companies don't want you to know.

Get Max's book **The Ultimate Guide to Motorcycle Accident Cases in Washington: Motorcycle Accident Secrets Unlocked.**

Go to our website www.WashingtonMotorcycle-Book.com to get your free download now or call **425.276.7804** to have a copy mailed to you.





Kirkland Classic Car Show

It is coming up on that time of year again for the **Annual Kirkland Classic Car Show!**

Come and check out this FREE event where hundreds of classic cars and motorcycles will be on display. There will be live music, food vendors and food trucks... and this year **Max Meyers Law will have a booth there!**

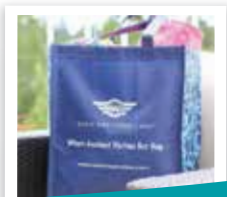
Please swing by and visit us on Sunday, July 31st! You can enter to win tickets to an upcoming Seahawks game! Details below:

We're having a drawing for
TWO TICKETS
to the
Seahawks v. 49ers game

These are Max's personal season tickets
on the 47 yard line just 19 rows from the field.

Awesome seats!!

Come by to say hi & put in an entry form.



REMINDER!

SUPER COOL SHOPPING TOTE PHOTO CONTEST

ends July 31st!

You could win a JERSEY of your favorite Washington sports team!
(There will be 2 winners: 1 Adult and 1 Child.)

Just take a picture of you or a family member using our new MML Shopping Tote and email it to info@maxmeyerslaw.com or post it on our Facebook page - **Max Meyers Law PLLC** or www.facebook.com/maxmeyerslaw.

Can Insurance **JACK UP YOUR RATES** After An Accident That **WASN'T** Your Fault?

Many people wonder if their insurance will go up after an accident. Your Personal Injury Protection (PIP) insurance rate should not increase purely because you use the coverage. In Washington state, insurance rates can only increase if you were at fault in an auto accident. For instance, if you were involved in a car accident, and investigations found that you were legally intoxicated at the time of the accident, the insurance company is likely to consider you as being at fault. In a case like this, your insurance rates could likely increase.

WHAT IS PERSONAL INJURY PROTECTION?

PIP coverage is insurance coverage that will cover your medical expenses and lost income when you are involved in an auto accident. It is mandatory to purchase Personal Injury Protection in Washington, unless you signed a written waiver declining it, but it is highly recommended that you keep your PIP coverage.

Most people think the at-fault driver's insurance will pay for your medical bills while you are getting treatment. That's not the case at all! Insurance policies in Washington are designed so your PIP coverage pays your medical bills while you are actively treating your car wreck injuries, then when you are finished treating, PIP gets paid back out of your gross settlement or verdict against the at-fault driver's insurance policy.

IF I AM AT FAULT IN AN ACCIDENT, HOW MUCH WILL MY PIP RATES INCREASE?

How much your PIP rate increases really depends on the company. The company may increase your rates even if this was the very first accident on your record. In Washington, all insurance companies must file their insurance rates with the insurance department, and must also include clear definitions of how they will increase rates when they choose to do so.

Typically, most insurance companies will comply with the Insurance Services Office standard, and may increase insurance premiums according to the schedule. However, rate increases can differ widely from insurer to insurer.

Some insurance companies may slap you with a higher insurance premium for a moving violation, while other insurance companies have policies that will only increase insurance rates when you have been involved in a "chargeable" accident. These are accidents for which your insurance company has paid out a significant amount in damages. If your car is expensive to insure, and you are involved in an accident, you might find your premiums increasing substantially.

For advice about insurance companies and what to expect after an accident order one of our Free books "**Car Accident Secrets Unlocked,**" "**Bicycle Accident Secrets Unlocked,**" and "**Motorcycle Accident Secrets Unlocked**" at www.maxmeyerslaw.com.

Understanding how your PIP coverage works can be frustrating. If you have questions about the coverage that applies to you after an accident, call **425.276.7804** or schedule a free consultation to speak with Max.

A big **THANK YOU** to all those who participated and voted in the **2016 Best of Kirkland Contest**. We are very excited to announce that Max was the **winner for Best Lawyer in Kirkland!** Be sure to check out our **thank you ad** in the **June 10th issue** of the **Kirkland Reporter!**



Max has been recognized as the **winner of Avvo's 2016 Client's Choice Award!** This award is given to only those top attorneys who receive **superb ratings and reviews from clients** on Avvo's website. This is the second year in a row that Max has received this prestigious award. **The Max Meyers Law family prides itself on providing clients with top shelf service and it's amazing when they share their experience with others like www.Avvo.com.** **THANK YOU** to all our clients for trusting us with your legal battles.

Dawn's Pasta Salad

Shelly's RECIPE CORNER

"This is my go-to recipe for summer BBQs... quick and easy!"



INGREDIENTS

- 1 12oz. box of Barilla tri-color rotini noodles
- 1 8oz. block of mozzarella cheese, diced
- 6oz. of salami, diced (I get a 12 oz. package of the sliced Columbus Italian Dry Salami and dice it)
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 can of black olives, drained
- 1 cup of Paul Newman's Caesar dressing (not the Creamy Caesar... the regular Caesar dressing)

DIRECTIONS

Cook rotini noodles according to instructions on package. Once noodles are cooked, pour into a strainer and run under cold water to cool down noodles. Use a paper towel to pat down noodles and remove any excess water.

Dice mozzarella, salami, red and yellow peppers into bite size chunks and put into a large bowl. Add drained olives and cooked noodles to bowl.

Add Caesar dressing and stir to coat all ingredients. If needed, add more dressing to taste!

Sitting Epidemic: How Sitting So Much is Slowly Killing You

by Shelly Meyers

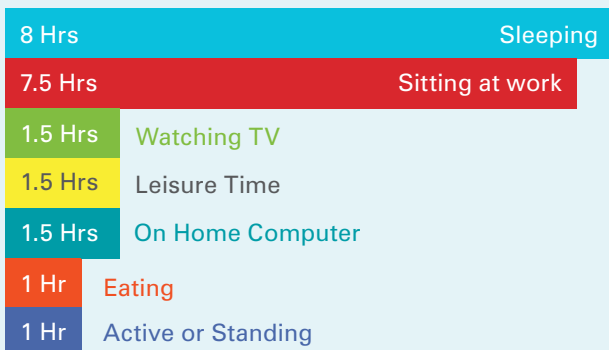
MANY OF US DO OUR BEST to hit the gym 3 to 4 days a week and I have always thought that would be enough to combat the amount of sitting I do all day. Being in a law office, most of the work we do requires us to be in front of the computer most of the day. Once I sit down and get to work it is not long before I look up and 3 hours have gone by.

In my constant attempt to get healthy I came across this article on LinkedIn that was written by Ivette K. Caballero, which I found enlightening. I never realized that just going to the gym was not enough.

In June of 2013, Ergotron, a Minnesota-based company, conducted a consumer survey about the effects of sitting so much. According to the study people across the U.S. are sitting almost all day, living an excessively sedentary lifestyle. They don't like it, they know it's bad for them, but they are doing it anyway.

HOW SEDENTARY IS THE TYPICAL AMERICAN EACH DAY?

Accounting for sleeping hours, Americans are sedentary an average of 21 hours a day and active for 3 hours a day.



SITTING EPIDEMIC:

We are sitting 13 hours a day and research suggests that it's wreaking havoc on our health. It's called Sitting Disease. Daily exercise is not enough to counteract excessive sitting. If you are physically inactive, you are at "significant risk;" and if you are physically active, "you are still at high risk."

Key fat burners shut off the minute we sit. Every two hours spent just sitting reduces blood flow, raises blood sugar and drops good cholesterol levels by 20%.

Excessive sitting is cited as key risk factor in 4 of the 7 U.S. killers: heart disease, stroke, diabetes, and some cancer. It is also linked to obesity and early mortality rates.

WHAT RESEARCHERS SAY

"For people who sit most of the day, their risk of heart attack is about the same as smoking." *Martha Grogan, cardiologist, Mayo Clinic*

"Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression, and the cascade of health ills and everyday malaise that come from what scientists have named sitting disease." *James Levine, MD, PhD*

"Prolonged sitting should be considered within occupational health and safety policies and practices just like other elements of posture." *British Journal of Sports Medicine*

"We've become so sedentary that 30 minutes a day at the gym may not counteract the detrimental effects of 8, 9 or 10 hours of sitting." *Genevieve Healy, PhD*

WOW, THAT'S A LOT OF DEPRESSING INFO!!! SO WHAT DO WE DO?

A study by the University of Queensland in Australia showed sitting time is reduced in office workers when sit-stand workstations are in place. My computer desk is on one of these standing sit-stand desk. You can stand for a bit and then sit for a bit, I really like the variety it provides.

You can also try walking over to speak with co-workers face to face instead of sending an email. I know, mind blowing idea! Perhaps standing while you're on a phone call as well. Little adjustments may be the way to chip away at all the sitting us desk jockeys do.

If you have other good ideas to help get up from our desks while still being productive we'd love to hear about them!



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This newsletter is intended to educate the general public about personal injury, insurance claims and small business issues. It is not intended as 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.

July

EVENTS

Seattle Night Ride JULY 8

This 15-mile ride starts at Peddler Brewing and follows bike trails to Myrtle Edwards Park for snacks, then returns to the start for a party with a food truck, beer and games.

Visit the www.cascade.org/rides-major-rides/seattle-night-ride for more details.

Redmond Arts Festival JULY 8 - 10

70 artists, food trucks, live music, and performances at Redmond Town Center.

Visit <http://redmondtowncenter.com/custom/redmondartsfestival.php> for details and schedule.

Vashon Island Strawberry Festival JULY 15 - 17

Come enjoy a parade along with music, dance, carnival rides, a pancake breakfast, beer garden and 200 vendors. This event is FREE.

For details and information visit www.vashonchamber.com/pages/vashon-island-strawberry-festival-2016.

Darrington Bluegrass Festival JULY 15 - 17

Come listen to great music, shop food vendors, and camp! Visit www.darringtonbluegrass.com/ for details.

Gold-rush Street Festival JULY 17

Go Klondike Legacy Day offers gold panning, old-time music, a scavenger hunt, a dog-sled team, and a salmon BBQ. Visit www.klondikecorridor.org/legacydayschedule for details.

Sand Castle Competition JULY 23

See incredible sand sculptures built by competing teams during the Sandsations event (located next to the boardwalk in Long Beach). This event is FREE. Details can be found at <http://sandsationslongbeach.com/>.

Seafair Torchlight Parade JULY 23

Colorful floats, drill teams, and pirates fill 4th Avenue during the Seafair Torchlight Parade. Attend the pre-parade Fan Fest at the Seattle Center to see exhibits, view floats, and meet participants. This event is FREE. Visit www.seafair.com/p/about/seafair-torchlight-night/249.

Kirkland Classic Car Show JULY 31

Check out hundreds of classic cars and motorcycles with music and food for sale. This event is FREE. Visit <http://kirklanddowntown.org/kirkland-classic-car-show-2016/>.



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