

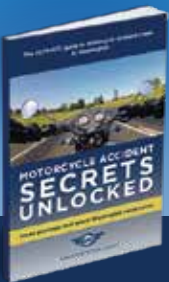


# MAX MEYERS LAW **SPOKE & WHEEL**



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## 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](http://www.WashingtonMotorcycle-Book.com) to get your free download now or call **425.276.7804** to have a copy mailed to you.

## 7 Easy Ways TO INVEST IN YOURSELF

Warren Buffet, the famous investment mogul, has been quoted as saying "the best investment you can make is in yourself." Are you someone who is committed to your personal growth and development? Here are 7 quick and easy personal investments tips that will have big impact and provide you with a more fulfilled life:

### READ

The most successful people carve time out of their days to read.



Not only does reading increase your knowledge, it also improves your vocabulary, memory and focus, while sharpening your analytical skills and reducing stress.

### JOIN A GROUP OR ORGANIZATION

Find a group that allows you to connect with other like-minded people who are committed to growing personally and professionally. In addition to networking, these organizations also provide opportunities to attend workshops and classes, find a mentor and look for new professional opportunities.

### LISTEN TO A PODCAST

Podcasts are becoming a popular way to learn and get inspired. You can listen to podcasts during your commute, at the gym or whenever you have some down time. There are podcasts available for all kinds of interests, including taking charge of your finances, current events or enhancing your spirituality.



### WATCH A VIDEO

Watch a video from a leading personal development expert, or expert in your field, and you will not only learn, you will also become motivated to make lasting positive changes in your life and at work. Also, watch inspirational

films that will leave you feeling uplifted and encouraged.

### TAKE A CLASS OR SEMINAR

Signing up for a class or seminar, either online or in-person, gives you the opportunity to learn and grow outside of the traditional confines of school. Enroll for a workshop or webinar provided by a professional organization you belong to or a personal interest or hobby group you enjoy.



### FIND A MENTOR

If you want to get ahead in your career, a mentor can help you improve your self-confidence, tap into your potential and find balance in your life. Since they don't have a personal stake in your success, they will provide unbiased feedback as they share their experiences and offer tips and encouragement to help you thrive.

### VOLUNTEER

Volunteering is a great way to give back to your community while refining skills and traits, such as team work, empathy and communication. If you are starting a new career or have moved to a new area, volunteering allows you to get experience and expand your network. Serving others not only nurtures positive feelings, it lowers the risk of depression and reduces stress.

# TIPS FOR A SAFE BARBECUE GRILL SEASON

As summer season ramps up here in the PNW, folks are using their barbecue grills more regularly. However, while grilling can be a fun activity, it is crucial to prioritize safety. Unsafe grilling practices can lead to fires, burns, and other accidents. Here are some tips for ensuring proper grill safety.

## IDENTIFYING PROBLEMS WITH AN UNSAFE BARBECUE GRILL

There are several signs to look out for when it comes to identifying problems with an unsafe barbecue grill. Firstly, a grill that has not been properly cleaned can lead to grease buildup, which can easily ignite and cause a fire. It is essential to clean your grill before each use and to regularly remove grease and other debris. Additionally, rust or cracks in the grill can be a sign of wear and tear and could lead to structural failure during use. It is crucial to regularly inspect your grill for signs of damage, and if any issues are identified, repair or replace the grill as necessary.

## TIPS FOR SAFE BARBECUING

The following are some essential tips for ensuring safe barbecuing. First, it is essential to keep the grill in an open, well-ventilated area, away from flammable objects such as trees, shrubs, and buildings. Second, make sure to use long-handled grilling tools to avoid burns and position the grill in such a way that you are not reaching over the hot coals to flip meat or vegetables. Third, make sure to always monitor the grill during use and never leave it unattended. Last, it is crucial to extinguish the coals once you are finished grilling by putting water on them, as even smoldering coals can cause fires.



## COMMON MISTAKES TO AVOID

There are several common mistakes that people often make when it comes to barbecuing, which could result in injuries or accidents. Firstly, it is crucial to avoid using too much starter fluid, as this can easily ignite and cause a fire. Secondly, avoid grilling in unsafe weather conditions such as high winds or lightning storms. Lastly, make sure to thoroughly cook meat and poultry to the recommended temperature to avoid foodborne illness.

## PROPER CLEANUP

After you have finished grilling, it is essential to properly clean and maintain the grill. Make sure to clean any debris or ash from the grilling surface, and if you have used a gas grill, turn it off and disconnect the propane tank. Lastly, make sure to properly store the grill in a dry, safe location out of reach of children and pets.

## FOLLOW THESE STEPS AND ENJOY

In conclusion, prioritizing grill safety is essential for enjoyable and accident-free barbecuing. By identifying problems with an unsafe grill, following basic safety tips, avoiding common mistakes, and properly cleaning up after use, grill enthusiasts can ensure a fun and safe grilling experience.

**STAY SAFE AND HAPPY GRILLING!**

### July 8 - 9 Ice Cream Festival

Scooped is an "all-you-can-eat ice cream festival" with live music, a diverse variety of food vendors, giant games, and 75 ice cream flavors at Seattle Center in Fisher Pavilion, 305 Harrison St. in Seattle. Expect lines.

Visit [www.seattle.scoopedicecream.com](http://www.seattle.scoopedicecream.com) for details.

### July 14 - 15 Redmond Derby Days

Family event with craft vendors, carnival rides, a beer/wine garden, entertainment, bike races (Fri.), a pancake breakfast (Sat.), a kids' parade (Sat. 10 a.m.) a grand parade (Sat. 11 a.m.), and a lighted drone show (Sat. 10 p.m.) at Redmond City Hall Campus, 15670 NE 85th St. in Redmond.

Visit [www.redmond.gov/1138/Derby-Days](http://www.redmond.gov/1138/Derby-Days) for details.

### July 15 - 16 Ballard Seafood Festival

Eat seafood and more, enjoy the beer garden, watch musicians on stage, and browse art at Ballard SeafoodFest on NW Market St. and on Ballard Ave. NW. The family stage is at Ballard Commons Park, 5701 22nd Ave. NW in Seattle.

Visit [www.seafoodfest.org](http://www.seafoodfest.org) for details.

### July 21 - 23 Capital Hill Block Party

Three-day music festival with 80 bands, DJs, craft booths, food trucks, and beer gardens. Enter at 12th Ave. & E Pike St.

Visit [www.capitolhillblockparty.com](http://www.capitolhillblockparty.com) for details.

### July 28 - 30 Pacific Northwest Nationals Car Show

See 2,500 custom, classic, and muscle cars and trucks plus hot rods at the Washington State Fair Events Center in Puyallup.

Visit [www.good-guys.com/pnwn](http://www.good-guys.com/pnwn) for details.

July  
Events



# Social Media Use Can Ruin Your Car Injury Claim

For the amount of complaining we do about privacy in America, we are all too willing to put very private details of our lives on Facebook, Instagram, Twitter, or other various sites. However, your vehicle injury case can be ruined with one bad post.

Above all else, **you should never misrepresent your injuries during a personal injury case.** You won't have anything to worry about or anything to get "caught" at if you've been truthful from the start, and that's the way it should be. People who overdramatize or exaggerate their injuries for money don't deserve it, and we choose not to work with those types of clients.

**Top Secret Tip - your insurance company and their lawyers can see all of your public posts and they're probably looking the moment your accident is reported.**

You might think this is obvious, but you'd be shocked at how many cases in Washington are ruined because someone is claiming a life-changing injury, but their Facebook shows that they went on a week-long ski trip last month. These things matter in a case and can cost you dearly.

If you mislead the insurance companies and their lawyers into believing you can't do certain things, and then you post videos or pictures showing you can do those things, your claim will most certainly suffer. They could even send someone to video tape you with you knowing to gather evidence to use against you later. With that in mind, here's our advice at Max Meyers Law:

- Always be straightforward and truthful about your claim
- Don't put accident related content on Facebook, Instagram, Twitter or anywhere on the web
- If you have accident related stuff on any social media site, don't hide it, you will make matters worse
- Tell your friends not to post stupid stuff about you either

If you have been in an injury accident in Washington, we are happy to have a chat with you about how to best proceed. The call is free, **425.276.7804**.



## Shelly's RECIPE CORNER

# Strawberry Icebox Cake

IT'S STRAWBERRY SEASON AND A GREAT TIME TO COOK WITH AMAZING STRAWBERRIES WE GET THIS TIME OF YEAR.



Photo and recipe courtesy of [thepioneerwoman.com](http://thepioneerwoman.com)

### Ingredients

- 8 oz. cream cheese – room temp.
  - 1 cup powdered sugar
- 3 cups heavy cream, divided
  - 1 tbsp. vanilla extract
  - 1 tbsp. lemon zest
- 20 graham crackers
  - 1.5 lbs strawberries – sliced about ¼ thick (about 4.5 cups)
- ½ cup sliced almonds (optional)

### Directions:

Beat the cream cheese in the bowl of a stand mixer with the beater attachment until smooth. Add the powdered sugar; beat until smooth.

Scrape down the sides of the bowl. Add 1 cup of the heavy cream and beat at low speed until smooth. Add the remaining 2 cups of cream; beat at medium to medium-high speed until soft peaks form, increasing the speed as the mixture begins to thicken. Fold in the vanilla and lemon zest.

Spoon 1/4 cup of the cream mixture into the bottom of a 9-by-9-inch pan or baking dish; spread into a thin, even layer.

Top with the graham crackers in a single, even layer, breaking them as needed to fit. Spread about 1 1/2 cups of the cream mixture over the graham crackers, smoothing into an even layer using a spoon or offset spatula. Top the cream mixture with an even layer of the berries (about 1 1/2 cups). Sprinkle evenly with 1/4 cup of the almonds, if using.

Repeat one more time, then top with a final layer of graham crackers, cream mixture, and berries.

Cover with plastic wrap and refrigerate at least four hours or up to overnight.



MAX MEYERS LAW<sup>PLLC</sup>

Where Accident Victims Get Help



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19515 NORTH CREEK PKWY. SUITE 204 BOTHELL, WA 98011  
 PHONE 425.276.7804 | FAX 425.485.2467  
 INFO@MAXMEYERSLAW.COM | WWW.MAXMEYERSLAW.COM

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.



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## WHAT CLIENTS ARE SAYING ABOUT US

"I had a great experience working with the team at Max Meyers Law. My case was a trickier one but Max and the team were very thorough, knowledgeable and friendly throughout the process. They truly negotiated the best possible outcome for my case and I'm very grateful!"

- A. Sherrill



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