



MAX MEYERS LAW **SPOKE & WHEEL**



IN THIS ISSUE

- 7K Fun Run at Seven Bays 1
- How to Handle Tailgating 2
- Tips for Carving a Perfect Pumpkin 2
- Shelly's Recipe Corner 3
- October Events Calendar 3
- Purrrfect Pumpkin Patches 4

7K at **SEVEN BAYS**

LABOR DAY FUN at Lake Roosevelt

Shelly and I spent the Labor Day Holiday at Shelly's sister's place at Seven Bays on Lake Roosevelt in Eastern Washington. My sister in-law Cristi, her husband Scott, and 9 year-old son Riley are avid runners. They love to get people out running with them. What better way than to organize a fun run/race for your community?

Cristi and Scott, together with a neighbor, decided to put on a 7K fun run/race over the Labor Day holiday to bring the Seven Bays community together and raise funds for a local charity. 2015 was the 5th year of the 7K at Seven Bays and funds were raised for the Carpenter Road Firefighting efforts.

Shelly and I are not avid runners, but we volunteered to help with race logistics. We both worked the registration table in the morning, I worked the start/finish line to give runners their times, and Shelly worked the finish table to record official runner times and help with handing out race awards. The rain couldn't keep us from having a great time helping out and cheering on the runners.

Seven Bays is mostly a summer recreational community. Lots of families spend Labor Day weekend out at Lake Roosevelt. This year the weather did limit the turn out a bit, but 31 brave runners conquered the hills of Seven Bays while getting drenched by rain.

Scott, Cristi and Riley all ran the race. Scott won the entire race, Riley came in 1st for his age division, and Cristi came in 2nd for her age division. They are fast runners too!! If you find yourself at Lake Roosevelt over Labor Day you should give the 7K at Seven Bays run a try. You just might run into Shelly and I working the check-in table again.



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How to Handle **TAILGATERS**

Tailgating is a dangerous driver behavior that can quickly lead to a car accident – rear end collisions being the most common type. It seems as if there has been an increase in tailgating lately, most likely from distracted drivers looking at cell phones. If you've noticed the uptick in tailgating, here are some tips on how to safely handle tailgaters.

CHANGE LANES

The best solution to a tailgating driver is to change lanes. However, make sure you do so safely and not impulsively; preemptively changing lanes can be even more dangerous than tailgating as sometimes drivers may make last-minute decisions to swerve around you. Always look to make sure there isn't a car in your blind spot and signal prior to changing.

DON'T TAP YOUR BRAKES

Brake tapping isn't the solution to tailgating for more reasons than one. First, brake tapping can decrease the distance

Tips for staying
safe
on the road



between you and the vehicle behind you, increasing the chances of an accident. Second, tapping your brakes may be interpreted as a sign of aggression on your part, upsetting the other driver and leading to an incident of road rage.

MANAGE YOUR MOOD

A tailgating driver can be a major frustration, and may cause you to get a bit flustered. While giving into your emotions and experiencing an episode of road rage yourself can be tempting, remember that you're in control. Take deep breaths, put on some great music, and get away from the other driver as quickly as possible while remaining safe. Never use inappropriate hand gestures, yell at the other driver, or swear as doing so can put you in a dangerous situation.

REPORT THE DRIVER

If the other driver is acting dangerous,

aggressive, or in a manner that you think is unsafe, you should report the driver to the proper authorities. Before placing a call, make sure you're pulled over to a safe area of the roadway. If you believe that the driver is dangerous enough to warrant an emergency call, dial 911.

TAKE LEGAL ACTION

If another driver's tailgating leads to an accident, you can file a claim for damages. If you're injured in the accident, please call us at here at **Max Meyers Law PLLC at 425-276-7804**.

We'll make sure that you get a fair settlement amount and receive the money you need to pay for any harm sustained. Call us today with any questions, we are here to help.

TIPS FOR CARVING THE **PERFECT PUMPKIN**

➤ **Start with the right pumpkin for good carving.** Choose one that is fresh, with a sturdy stem and no bruises, preferably one with a flat bottom so it won't roll.

➤ **Make sure to cut the lid out on an angle, not straight up and down.** This way the lid won't drop inside the pumpkin when you replace it. Some prefer to cut a circle in the bottom of the pumpkin versus at the top. This allows the pumpkin to sit flat and can make for easier cleaning just be aware that if you cut the hole too big you may be able to see whatever you have your pumpkin sitting on through the face you carved.

➤ **Scoop out all the pulp – and then some.** You can buy special tools for this, but I just use a large sturdy metal spoon or you can try an ice cream scoop. Thin the inner wall of the "face" area to 1/4-inch thick, so it will be easier to pierce the shell.

➤ **Hold the pumpkin in your lap when it's time to carve the features.** It's easier to carve when the face is gazing up at you. And don't cut on a slant; clean up-and-down slices look best. To make intricate designs, try using a small saw. During the month of October you can find pumpkin carving tools and sets pretty much in any grocery store.

Get
creative!
The possibilities
are endless...



➤ **Scraps can be used to add creativity.** Take a discarded piece of pumpkin shell and make a tongue out of it.

➤ **Keep your pumpkin fresh.** Spread petroleum jelly on the cut edges to seal in moisture. You can also try spraying the inside of your pumpkin with a mixture of bleach and water to prevent it from molding. Make sure it's a light mist, you do not want to drench the inside.

➤ **If you like to leave the lid on while the candle is lit, create a chimney.** First, leave the lid on for a few minutes while the candle burns, then make a small hole where the lid has blackened.

➤ **Sprinkle the inside of the lid with a little cinnamon.** When you light the candle, your jack-o'-lantern will smell like pumpkin pie.

OCTOBER EVENTS CALENDAR

FISHERMAN'S FALL FESTIVAL Oct 3

Fishermen's Fall Festival offers seafood, live music, a beer garden, canal tours, contests, and kids' activities at Fishermen's Terminal in Ballard. Free

Visit www.fishermansfallfestival.org for more details.

NORTHWEST CHOCOLATE FESTIVAL Oct 3 - 4

Taste chocolate, attend workshops, and shop from 80 vendors at the Northwest Chocolate Festival at Bell Harbor Pier.

Visit www.nwchocolate.com for more details.

ISSAQUAH SALMON DAYS FESTIVAL Oct 3 - 4

Giant Issaquah Salmon Days Festival celebrates the salmon's annual return with arts and crafts, a kids' play area, food, entertainment, and a parade. Free.

Visit www.salmondays.org for details and schedule.

TRUCKTOBERFEST Oct 3 - 4

Drink Oktoberfest beer from 30 breweries and eat food from 30 food trucks during Trucktoberfest at Marymoor Park in Redmond.

For details, visit www.mobilefoodrodeo.com.

FEAST AT THE MARKET Oct 6

Begin your Feast at the Market at a wine reception, and then use your ticket book for tastes at 20 market restaurants before reuniting for dessert. Age 21+

Visit www.neighborcare.org for details.

SEATTLE INTERNATIONAL AUTO SHOW

Oct 8 - 11

See 400 of the latest cars and trucks at the Seattle International Auto Show at CenturyLink Field.

Visit www.seattleautoshow.com for details.

ST. DEMETRIOS GREEK FESTIVAL Oct 9 - 11

Enjoy homemade Greek foods like lamb, calamari, gyros, baklava, souvlaki, and wine at St. Demetrios Greek Festival, plus dancers performing in costume.

Details can be found at www.seattlegreekfestival.com.

THE LANTERN RUN Oct 10

The Lantern Run is a glow-in-the-dark 5K followed by a party at Magnuson Park.

Visit www.thelanternrun.com for more details.

SNOHOMISH BREWFEST Oct 23 - 24

Enjoy beer from local breweries, a sausage dinner, and live music at the Snohomish Brewfest at Snohomish Event Center.

More details can be found at www.snohobrewfest.com.

Home-Style Stew

Photo courtesy of Taste of Home



INGREDIENTS

- 3 carrots cut into medium size chunks
- 3 russet potatoes peeled and cut into medium size chunks
- 1 ½ cups frozen peas

- 1-1/2 pounds beef stew meat, cut into 1-inch cubes
- 1 can condensed cream of mushroom soup, undiluted
- 1 can condensed tomato soup, undiluted

- 1 envelope onion soup mix, preferably reduced-sodium

**You can use 2 packages, 16 ounces each, of frozen vegetables for stew to save on prep time

DIRECTIONS

Place vegetables in a 5qt. slow cooker. In a large nonstick skillet, coated with cooking spray, brown beef on all sides. Transfer to slow cooker. Combine the remaining ingredients; pour over the top. Cover and cook on low for 6-8 hours or until meat is tender. Yield: 5 servings

Shelly's
RECIPE CORNER



MAX MEYERS LAW^{PLLC}



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cravenfarm.com

REMLINGER FARMS

32610 NE 32nd St
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remlingerfarms.com

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15410 NE 124th St
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drmazesfarm.com

SERRES FARM

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serresfarm.com

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