



MAX MEYERS LAW **SPOKE & WHEEL**



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BIKE SHARING IN CITIES

super safe...so far!

EXPERTS SAY NO FATALITIES have been logged in any U.S. public bike share program since the first one launched in Tulsa, Oklahoma, in 2007. There are now programs in 36 cities, including Chicago, Minneapolis and San Francisco, with new services planned in Tampa, Florida, Boise, Idaho, Portland, and Seattle.

This is shocking since often people rent these bicycles and ride them without helmets in heavy traffic. Shelly and I were in New York for the Super Bowl and saw the blue bikes everywhere. People were riding them all over New York City streets without helmets. Crazy in my book given the traffic in Manhattan!! How someone hasn't been fatally injured blows my mind and encourages me about future programs.

Of course there is a catch. Cities with bike share programs have a higher proportion of head injuries among bicycle-related injuries than cities without such programs. More than four out of five people who borrow bike-share bikes don't wear helmets, according to a study of cyclists in Washington and Boston by the Harvard-affiliated Beth Israel Deaconess Medical Center—increasing by an estimated 88 percent the likelihood that they will suffer head injuries if they're in an accident, compared to riders who do, the researchers said.

Boston is meeting this difficult



challenge head on with bicycle helmet vending machines. I totally love this!! At a time when bike sharing programs are among the hottest trends around the world, this machine promises to solve a vexing and potentially dangerous problem by finally letting riders not only check out bicycles from kiosks to commute, ride across town, or sightsee, but also to cheaply rent the helmets they need to protect themselves from traffic.

A group of MIT students developed the helmet vending machine. According to the students, the toughest obstacle was figuring out a way for users to return the helmets. The designers came up with the idea of putting RFID, or radio-frequency identification chips, in loaner helmets, which activate a door on the machine.

They will then be picked up, cleaned, and rented out again. Brilliant!

The machines are not in full production yet. If everything goes well in Boston I'm confident we can expect to see bicycle helmet vending machines in every city with a bike share program.



Remember to always wear a helmet when bicycling in Washington State. There have been many bicycle accident fatalities in the last couple years. The chances of a serious or fatal injury decrease dramatically for riders who wear a proper helmet.

Ride Safe!

FREE INSTANT DOWNLOAD

Bicycle Accident Secrets Unlocked



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

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

Go to WashingtonMotorcycleBook.com to get your free download now, or call **425.242.5595** to have a copy mailed to you.

"I Avoid Driving Since The Accident."

HOW DO I GET BACK ON THE ROAD?

MANY ACCIDENT VICTIMS feel this way after a crash, be it car, motorcycle or bicycle wreck. The more serious and high speed the collision the more likely I hear this question from clients.

To answer this question and get some advice, I interviewed the best Mental Health Counselor I know, **Cristi Thielman, MS, LMHC**.

Ok, I don't personally know many mental health counselors and I must disclose that Cristi is my wife's sister. Don't hold Cristi's loose family relationship to me against her, she's knows her stuff and helps lots of her clients with issues just like this.

Here's my interview with Cristi Thielman about seeking help when you are altering activities like driving after a motor vehicle collision.

How do people tell when they should take the step to contact a mental health counselor?

Look at how you feel you are functioning in your daily life after the accident. If you notice a significant change in how you feel you are doing versus how you were functioning before the accident, it can be a clue that there is a need for help.

It can be difficult to admit that you are having difficulty coping, but I find that generally if people are honest with themselves they can tell when they just aren't coping as well as they have in the past. How do you feel you are handling everyday stress? How does this compare to before the accident? Is there a change in your outlook on life? Feeling more irritable, more pessimistic, less hopeful and/or more anxious in situations where you didn't before are signs that talking to a counselor might be helpful.

Anxiety in particular is something that often gets people's attention because they can feel it in physical ways such as rapid heartbeat, difficulty breathing, increased adrenaline or restlessness. Sometimes anxiety can manifest in a tendency to keep thinking about the same things over and over again and/or having thoughts that feel like they are racing through your mind. If you feel anxious or panicky when you get in a car or ride in a car it's probably a good idea to reach out to a mental health counselor.

What are some other symptoms or behaviors that may be related to emotional trauma caused by an accident?

An increase in irritability, getting mad about things that don't normally bother you, not being able to get over things like you used to, finding that you are running the same thoughts through your mind over and over or getting anxious about something that wouldn't have normally been a big deal are all signs you may be dealing with emotional trauma from the accident.

What would you say to someone who had never seen a counselor before and may have some trepidation?

Many people are hesitant to come into counseling at all because they feel that it is an indicator that something is "wrong" with them. There is a strong message in our society that we need to manage things on our own. It's just not true. It is very common after a traumatic event to need some help to move past the trauma. A counselor can provide guidance and structure to help you process and work through the event.

If you're in a traumatic event, like a car accident, what are the things or the signs you should be looking for to say, you know what, maybe I can't get over it by myself and I should call a counselor?

I would typically expect someone who has gone through a trauma to probably need some amount of processing about what's happened. Some people can do that with their friends or relatives and work their way through without extra help from a counselor. However, if a couple of months go by and the person feels debilitated by it, for example avoiding getting in a car or driving on the freeway anymore, then it is starting to impact their daily life functioning, and they should seek help.

If they are feeling that after this event happened they are more anxious in general and can't seem to work through it, then that would be a sign to seek help. If they notice the physical and cognitive issues I noted above and the symptoms don't seem to be getting better over the course of a month or two then I would recommend calling a licensed mental health counselor.

How long does counseling after a car accident take?

It will depend on a few factors such as

the nature of the trauma and a person's past history but in a car accident trauma it may not be a long term thing. It's probably going to be at least a couple of months of regular sessions.

You may just need someone to help you process and go through the event. A counselor often will help you learn to cope with the symptoms that come up or understand why it's happening a particular way and work through it. If the goal is to get you comfortable with driving everywhere in your car again, it can often be accomplished in several months. Of course everyone is different so it can take less or more time depending on the individual.

What can they expect when they come and see you?

The first sessions are often to gather history of the event and what symptoms the client is experiencing. Sessions will also focus on taking steps to learn to manage those symptoms. In subsequent sessions for treating anxiety, we often try to slowly re-introduce the anxiety situation while learning and practicing coping techniques to manage the anxiety. Sometimes a systematic desensitization approach is taken, other times learning to re-process and re-organize what happened with the trauma may help. The approach taken depends on the individual as well as the therapist's approach to therapy.

How do people know when it is time to stop seeing their counselor?

It's usually something the therapist and client talk about together. If both are feeling that things have been going well and the client seems to be managing better, then it makes sense to start working towards ending therapy. Usually it would start with cutting back the frequency of sessions and seeing how the client is feeling. If the coping continues to feel satisfactory, then there would be discussions about ending therapy. Sometimes clients stop sessions and then when another stressful event comes up they will go back and work on issues about that particular event. It's okay to start and stop depending on life events.



Minority communities in every country often face poverty and oppression. This is true in Hungary where the Roma people are regularly treated as second class citizens. **Hungary For Love** aims to help the Roma people and other minority communities in Hungary overcome the crushing inequalities in their society and have a chance at finding success in life.

In 2012, Hungary For Love helped remodel The Gandhi School in Hungary. The school's goal is to bring equal access to education and career opportunities to Roma youth and break the cycle of poverty. HFL provided funds and volunteers who helped replace decades old inefficient windows in the school. In 2013, HFL again sent funds and volunteers to Hungary to help remodel and convert a farm building attached to a small church in the City of Vese's Roma community. The building now serves as a community gathering and meeting spot.

In 2014, HFL is helping build a Hungarian music recording studio at the Snétberger Music Talent Center; helping remodel a church to serve as an elementary school in Kürtöspuszta, and helping build an after school kids study building in Romania. You can read more about all of the HFL projects at www.hungaryforlove.org.

Hungary For Love is another charity that Max is helping obtain tax exempt status with the IRS. Charities that have the ability to accept tax deductible donations have a much better chance at success and accomplishing their charitable goals. Hungary For Love should have it's 501c3 tax exempt status by the time you receive this newsletter!

Giving back to the community is important and we at Max Meyers Law fully recommend and support Hungary For Love. Please donate at www.hungaryforlove.org.

"I Avoid Driving Since The Accident."

How Do I Get Back On The Road? (cont. from page 2)

How do people find a quality and qualified License Mental Health Counselor?

Speaking with your family doctor is one way, doctors often have a few good referrals. If you feel comfortable asking friends or family, that's a great way to find someone.

Another way is to ask your church. Churches can often recommend counselors who take religious beliefs into account. If you are just searching the Web, I would recommend at least calling the counselor ahead of time to discuss your issues and get a feel for how that counselor works. Many counselors offer a short 20 - 30 minute initial session to see if the client and counselor would be a good fit.

The most important thing is to find someone you're comfortable talking to and with whom you feel understood. If you go and see someone but you're not feeling good about the fit with that person after the first session or two, discuss your concerns with the counselor. If it still feels like it isn't a good fit, then it may be best to find another counselor.

Cristi Thielman, MS, LMHC, has a private practice in the Fremont area of Seattle. She has been a Washington Licensed Mental Health Counselor and a national certified counselor since 1998.

Cristi has a Master's Degree in Mental Health Counseling from Eastern Washington University and Bachelor's Degree in Psychology and Communications from University of Washington. You can find out more about Cristi at www.cthielman.com. She does accept PIP insurance and works with accident victims.



SEPTEMBER

EVENTS CALENDAR

SNOQUALMIE VALLEY BREW FEST

SEPT. 6

Snoqualmie Valley, WA
www.snovalley.chambermaster.com

The event will take place on Falls Avenue between the Brewery/BindleStick and Mt. Si Home Brew.

Enjoy beer samples, food, live bands, and a kids area on Falls Avenue.

SEATTLE TILTH'S HARVEST FAIR

SEPT. 6

Meridian Park, Seattle, WA
www.seattletilth.org

This is a community festival with good food, cider pressing, live music, farm animals, workshops, cooking demos, and a noon parade with marching band.

PUYALLUP FAIR

SEPT. 5 - 21

Washington State Fair Events Center, Puyallup
www.thefair.com

Find animals, rides, rodeo, food, and entertainment. It's the largest, oldest and most popular fair in the state.

Mon - Thurs: 10am - 10pm

Fri - Sat: 9am - 11pm

Sun: 9am - 10pm

SNOHOMISH PUMPKIN HURL & MEDIEVAL FAIRE

Sept. 13 - 14

Alexander Farm in Everett
www.festivalofpumpkins.org

Launch a pumpkin 1,000 feet, watch knights battle, and play in a medieval village.

ZOMBIE RUN

Sept 13

Wright Park in Tacoma
www.metroparkstacoma.org

Be a zombie or run from them at the 2-mile Zombie Run with beer garden.

KIRKLAND OKTOBERFEST

Sept 26 - 28

Marina Park in Kirkland
www.oktoberfestkirkland.com

Enjoy beer, sauerkraut, bratwurst, wiener dog races, costume contests, games and live music.

LUMBERJACK FESTIVAL AT PORT GAMBLE OLD MILL DAYS

Sept 27 - 28

Port Gamble, WA
www.oldmilledays.com

Features a lumberjack show, chainsaw carving, ice sculptures, beer garden, car show, carnival and live music.



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Zucchini Cheddar Pancakes

Have too many zucchini from the garden? These zucchini pancakes are great! Give them a try and let me know what you think.



- 2 cups grated zucchini
- 1 cup shredded cheddar cheese
- ½ cup grated onion
- 2 eggs, beaten
- 1 cup biscuit baking mix (such as Bisquick)
- 2 teaspoons vegetable oil as needed

DIRECTIONS

Mix zucchini, cheddar cheese, and onion together in a bowl. Stir eggs and biscuit mix into zucchini mixture until well combined.

Heat vegetable oil on the griddle or large skillet over medium heat. Scoop about 1/4 cup batter onto heated griddle; cook until pancakes are browned, 3 to 4 minutes per side. Repeat with remaining batter. Recipe makes 6 servings

CONTEST WINNER

Congratulations
TO THE BICE FAMILY!



They won our email contest last month for **4 tickets to the Seattle Seahawks Training Camp** on August 2nd.



Alan, his daughter MacKenzie, and two friends from Germany, Thomas and Nico, had a great time attending camp. MacKenzie won a trip to autograph row. She was able meet and get seven Seahawk's autographs on her football. MacKenzie was over the moon with excitement.



Did you miss the contest? Are you signed up to receive our email newsletter? If not, sign up today! This will ensure you get future emails about Max Meyers Law contests. To sign up, email us at **info@maxmeyerslaw.com**, include your full name and email, and we will put you on our list.