



# MAX MEYERS LAW **SPOKE & WHEEL**



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## Max Meyers Law Family Suffers Tragic Loss

Our beloved Bulldog Harvey passed away over the 4th of July weekend. Harvey was 11 years old and for an English Bulldog was old. We were blessed to have him in our lives for that long and miss him greatly.

Shelly and I have no kids so Harvey was like our kid. We spoiled him rotten as did the rest of our extended family. Harvey had been with Shelly and I since before we were married. In fact he played a pivotal role in my marriage proposal to Shelly 11 years ago.

In the summer of 2004 I decided to propose marriage to Shelly. She had always wanted an English Bulldog. My plan was hatched to purchase a bulldog puppy and have the ring hanging from his collar when I proposed. Who can resist a bulldog puppy? Nobody right??

So eight week old Harvey and I proposed to Shelly in June 2004. Shelly said yes to Harvey without realizing a ring was around his neck, luckily she said yes to me too when I hinted Harvey had something on his collar. Our little family of three was joined together in that moment.

We didn't have any warning and lost Harvey suddenly. He was getting older and I had noticed changes in his health but nothing to indicate trouble was very near. In a way we are thankful he passed quickly and didn't have to endure a long painful illness.



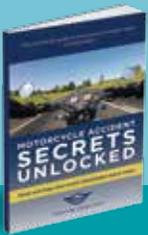
We have learned it is okay to not be okay. Losing a family member, even if a pet, is traumatic, emotional and difficult to process. We miss Harvey every day, but know we'll see him again someday.

Shelly and I have grown closer and learned a lot through this. Remember to always tell your loved ones how much you love them every chance you get.

Harvey was born April 14, 2004 and passed away July 4, 2015. We love and miss you Harvey dog!!

## FREE INSTANT DOWNLOAD

### Motorcycle Accident Secrets Unlocked



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.

## What to LOOK OUT for when Riding

### WILDLIFE

Living in the beautiful Pacific Northwest we have many beautiful mountains with highways running through them. The scenic drives on these highways is unparalleled riding but you can also encounter wildlife. Deer, elk, possum, rabbits, and coyotes are common on NW backroads. These animals often run by or freeze in front of you, especially during dusk. If this happens, slow down if possible and don't look directly at the animal. You drive where you are looking! Instead look at the path around the animal.

### POTHoles AND ROAD CONSTRUCTION

Summer is the best time for road construction as we all know here in Washington. Construction zones can pose hazards for motorcyclists and bicyclists. Obey all construction zone signs and slow down when you do come upon sections of road that have been damaged by construction. Grooved pavement is common in the summer so be extra careful on any construction zones where paving will be happening. Slow and steady may be the ticket to navigate through safely.

### GRAVEL AND FALLEN ROCK

A right hand curve close to a steep slope and roads, intersections with gravel roads,



or driveways that slope down to paved road are common places where dirt and gravel can pile up. When hitting a turn, be aware of how you approach the turn. Cutting a corner can be dangerous because your traction will be thrown off by the collected dirt and gravel.

### WATCH OUT FOR HILL CRESTS HIDING SHARP TURNS

Speed limits are posted for our safety. When going up a steep hill, one where you do not know what is at the top or on the other side, it is important to keep within the posted speed limit. There could be a sharp turn or blind spot once you reach the top. It may be tempting to want to speed on the open road but remember safety comes first!

### DRIVERS TURNING LEFT

The most common motorcycle accident cases we see are ones where the motorcycle had the right of way but a car turned left in front of them. In many cases the cars do not see the motorcyclist. Be sure to always use your turn signals and go slow through intersections, especially where there is a car in a left hand turn lane or with a left turn signal blinking.

## Tips For Protecting YOUR SKIN This Summer

Summer seemed to come a little early this year in the Pacific Northwest. Even though it is a good idea to get into the habit of wearing sunscreen all year round, let's face it, many of us don't think about sunscreen until we see the sun. If you're as white as Max after a long winter it can be downright dangerous!

Here are a few tips for applying sunscreen. And remember, even though it might start to cool down come the end of September the sun can still be out into October so around here sunscreen can still be needed in the fall.

- **Experts say most adults need at least one ounce of sunscreen.** That is about the amount you can fit into your palm, which should allow you to cover yourself evenly.
- **Apply sunscreen to all bare skin not just your arms and legs.** Remember your neck, face, ears, and tops of your feet.
- **Always put sunscreen on before you get dressed.** Trying to put sunscreen on around your clothes can cause you to miss spots or apply it unevenly.

- **Be sure you put your sunscreen on at least 20 minutes before going out in the sun.** Most sunscreens take 20 minutes to sink in before your skin is completely protected from UV rays. If you wait to put sunscreen on once you are out in the sun you can burn within those first 20 minutes.

- **Purchase a new bottle each year.** You may have a bottle left over from last year but the active ingredients in sunscreen can lose their potency.



- **Don't forget your scalp.** Often times if you're swimming or doing other activities we forget that our scalp can get exposed to the sun. Be sure to spray your head with sunscreen to protect your scalp or wear a hat. Protect your lips with a lip balm with SPF. Be sure to reapply after eating or drinking.

- **Reapply sunscreen a minimum of every two hours to stay protected.** Reapply immediately after swimming or excessive sweating.

## Shelly's RECIPE CORNER

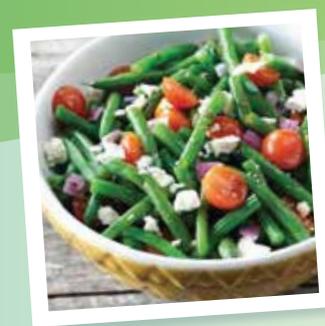


Photo courtesy of Taste of Home

## BALSAMIC Green Bean SALAD

### INGREDIENTS

- 2 pounds fresh green beans, trimmed and cut into 1-1/2-inch pieces
- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground mustard
- 1/8 teaspoon pepper
- 1 large red onion, chopped
- 4 cups cherry tomatoes, halved
- 1 cup (4 ounces) crumbled feta cheese

### DIRECTIONS

Place beans in a 6-qt. stockpot; add water to cover. Bring to a boil. Cook, covered, 8-10 minutes or until crisp-tender.

Drain and immediately place into ice water. Drain and pat dry.

In a small bowl, whisk oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper.

Drizzle over beans. Add onion; toss to coat. Refrigerate, covered, at least 1 hour. Just before serving, stir in tomatoes and cheese. Yield: 16 servings (3/4 cup each).

## Is The Insurance Company **WATCHING YOU** After An Accident?

### **YES, THEY MIGHT BE!**

Many people are shocked to hear of, or worse suddenly find some creepy van parked outside their house after an injury accident caused by someone else's negligence. The ugly truth is that insurance companies will go to great lengths to find anything they can to use against you and limit or ruin your injury claim.

You may feel like they are calling you a liar when you tell the insurance company you are injured and can't work at your job or do anything around the house, but they send a private investigator to tail you for a few days anyway. Why do they do this? Well, the sad truth is not everyone is as honest as you. There is a fair amount of insurance fraud where people straight up lie trying to make a quick buck. Insurance companies as a result investigate claims they think may be even a little bit iffy.

### **WHAT SHOULD YOU DO TO PROTECT YOURSELF?**

Well the first thing is always be honest about your injuries and limitations from injuries. Exaggerating or overstating will only come back to haunt you and worse case could ruin your injury claim.

Second, if you say you can't work, can't lift anything heavy, can't do yard work, or anything else physical then don't do those things even for a quick second. I know you can do it once and then you pay for it for days afterward, but a photo or worse, a video, of you doing it just that once is very damaging. A photo is worth a 1,000 words and a video is worth a 1,000,000!! Trying to explain away these kinds of damaging photos and videos rarely goes well and almost always costs you thousands if not tens of thousands of dollars off your case.

If you suspect this is happening to you after an accident and you haven't spoken to or hired a lawyer, do it immediately. If you have a lawyer, report this to them immediately. Even if you just have a feeling or sixth sense something is off and you're being watched. Discussing this with your lawyer early can save your case!

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**If you have been in a car accident in Washington, you need to download Max's free book Car Accident Secrets Unlocked. As always, we are happy to have a chat with you and walk you through the process: 425.276.7804.**

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# August

## EVENTS CALENDAR

### **Seafair Fleet Week** AUGUST 1 - 2

Seafair Fleet Week begins Wednesday with a Parade of Ships in Elliott Bay, followed by ship tours Thursday to Sunday on the Seattle waterfront for ages 8 and older wearing flat-heeled shoes. Free.

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

### **Seafair Air Show & Hydroplane Races** AUGUST 1 - 2

Watch hydroplanes race on Lake Washington in the Albert Lee Cup. The free Boeing Air Show overhead includes the Blue Angels and Breitling Jet Team. Plan for closures of the Interstate 90 Bridge.

Visit the [www.seafair.com](http://www.seafair.com) for more details.

### **Concerts at the Mural Amphitheatre** AUGUST 7 - 28

Concerts at the Mural Amphitheatre at Seattle Center are family and picnic friendly, and have a beer and wine garden. The lawn fills early. Free.

Visit [www.seattlecenter.com](http://www.seattlecenter.com) for details and schedule.

### **Kids Obstacle Challenge** AUGUST 8

Kids 5 to 16 run through mud and over obstacles at Kids Obstacle Challenge in Marymoor Park, Redmond.

For details and information visit [www.kidsobstaclechallenge.com](http://www.kidsobstaclechallenge.com).

### **Capitol Hill Garage Sale** AUGUST 9

Capitol Hill Garage Sale at Cal Anderson Park has 30 sellers, plus dozens of neighborhood sales. Free.

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

### **Seattle Street Food Festival** AUGUST 15 - 16

Seattle Street Food Festival has food trucks and food booths, a beer garden, live music, and 75 Urban Craft Uprising vendors in South Lake Union. Free.

Visit the facebook page [Seattle Street Food Festival 2015](https://www.facebook.com/SeattleStreetFoodFestival2015) for details.

### **Gigantic Bicycle Festival** AUGUST 21 - 23

The Gigantic Bicycle Festival is the Pacific Northwest's summer celebration of bicycle culture. The festival features live music, hand-built bicycles, visual & performance art, film, comedy, guest speakers, sculpture, and interactive installation pieces.

Visit [www.giganticbicyclefestival.org](http://www.giganticbicyclefestival.org) for more information.





MAX MEYERS LAW<sup>PLC</sup>



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AUGUST EVENTS CALENDAR

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# SEATTLE SEAHAWKS CONTEST WINNERS!

## CONGRATULATIONS

to JACK LEWIS and SHERI MADLIN!

They both won 4 tickets to the Seattle Seahawks Training Camp in August.

Did you miss the contest? Are you signed up to receive our Newsletter? If not, sign up today so you make sure to get the emails about future Max Meyers Law contests. To sign up to receive our e-newsletter, email us at [info@maxmeyerslaw.com](mailto:info@maxmeyerslaw.com). Please include your full name and email and we will put you on our list.

