

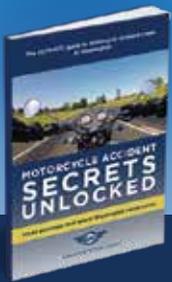


MAX MEYERS LAW **SPOKE & WHEEL**



IN THIS ISSUE

- Best 4th of July Movies** 1
- Riding again after a Serious Accident** 2
- Mental Side Effects after an Accident** 2
- Shelly's Recipe Corner** 3
- July Events** 3
- Sky Valley Motorcycle Show** 3
- Bikers at the Beach** 4
- Nextdoor** 4



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.

BEST 4TH OF JULY MOVIES



Are you looking for something to do to pass the time until the sun goes down for fireworks on the 4th? If so, here is a list of some of our all-time favorite 4th of July movies to check out while you are waiting for the festivities to begin!

Jaws

Steven Spielberg's classic thriller about a shark attacking people at a beach over 4th of July weekend.

The Sandlot

The summer adventures of a group of neighborhood kids who love the game of baseball... a great family movie to enjoy with the kids.

Independence Day

Will Smith, Jeff Goldblum and Bill Pullman fight off an attack against alien invaders on the 4th of July to save Earth.

Born on the 4th of July

Oliver Stone's controversial Vietnam War movie about a young patriot eager to serve his country to disgruntled veteran mistreated by the very nation to which he sacrificed the ability to walk.

Mr. Smith Goes to Washington

Jimmy Stewart plays the role of infamous Jeff Smith... a classic movie that reminds us of the good side of American politics on our nation's birthday.

The Patriot

Great performances by Mel Gibson and Heath Ledger in this film about a veteran of the French and Indian War who comes face to face with the British army and subsequently turns to bloody revenge after his family falls victim to the enemy.

Lincoln

Another Spielberg classic and outstanding performance by Daniel Day Lewis in the role of Abraham Lincoln.

Top Gun

A story about U.S. Navy pilots... a timeless classic about male friendships that leaves you feeling triumphant and captures the American spirit. Superb cast includes Tom Cruise, Val Kilmer, Kelly McGillis, Anthony Edwards, Meg Ryan and Tom Skerritt.

John Adams

Paul Giamatti plays John Adams in this TV miniseries which documents Adam's life from 1770 to his death in 1826. The miniseries has won several Emmys and is worth the watch!

🔴🔴🔴 *The MML team wishes you a safe and Happy 4th of July!* 🔴🔴🔴

BECOME A VIP MEMBER TODAY!

Become a VIP Member today! Find out more about the Max Meyers Law VIP program at MaxMeyersLawVIP.com.



Will you KEEP RIDING?

by: Bryan Hall

It always seems to be the inevitable question: will you keep riding?



I know countless motorcycle riders who have crashed, and they all have told me it is the most common question they are asked. I personally lost track of how many times I was asked that after my crash a couple of years ago. My answer

was always a variation of the same thing: when asked "are you going to quit riding?" I would say, "am I going to quit breathing?" Because, to me, riding is something I was born to do, something I cannot fathom living my life without. I knew without any doubt that I would be back in the saddle once again.

My crash was a bad one, and nearly fatal: a shattered vertebra, fourteen other broken vertebrae, numerous broken ribs; along with fractures of my wrist, ankle, foot and toe, a brain injury, and more bruises and scrapes than I could count. Definitely life-changing, with the daily chronic pain and scars to prove it. A lot of people have been through less serious crashes and given it up. My best friend from high school, the one who turned

me on to riding in the first place, rode daily for well over 30 years...until a crash that scared him badly enough that he quit. I have no judgment, feelings, or opinions on whether one decides to quit riding after they crash. It's a personal decision.

I wasn't even out of the hospital yet when I started looking for a new bike. Physically, I was in no condition to ride, hell I couldn't even walk. And if I couldn't ride on two wheels, I would get three. I found a new (to me) bike, bought it and had it taken to my favorite shop. I gave them a list of things to do to it to make it "mine." It sat in the shop for three months until I was physically able to handle it: squeeze the clutch, hold it up at a stop, pick it up off the kickstand, roll it through the turns. I was excited...okay, I was ecstatic...that I had another bike to ride.

All's well that ends well, right?

Not so fast. The physical part of riding is second nature to me, I have been riding since I was 17, and have put on more than 275,000 miles in the process. But when I started riding again, the mental part of it was something I had not expected. In addition to that, nobody had talked to me about that part of it, either. I didn't truly realize it until I was riding my new bike down I-5 in traffic a couple of weeks later. I found myself tensing up, being hyper-aware of EVERYTHING around me. Needless to say, I got off the freeway as soon as I could.

As far as the "hyper-awareness" I experienced, some may say that's a good thing: always watching, always alert, always ready for whatever may happen. The problem is, hyper-awareness can take so much of your

attention and energy, you likely WON'T see the next problem coming. Remember, motorcyclists are quite often invisible to drivers, and we have to watch out for ourselves. To do that, we need to have our wits about us all the time...yes, we need to watch everything around us, we need to be aware. But hyper-awareness can cause us to react too quickly or too strongly when that guy next to us texting in his Toyota starts to encroach on our lane...and we bite the dust by overreacting or maneuvering too severely.

OK, you've been in a crash. What now? If you decide to ride again, just remember that riding is mostly mental. Depending on how your crash happened, what will you do if the same (or similar) situation presents itself again? Panic? Try to avoid it? Try to think it through? We all know we don't have time to "think" when we find ourselves in a situation that can go horribly wrong very quickly. Evasive action and saving ourselves takes instinct, reflex action, and oftentimes, luck. If we, as riders, hesitate for just a split second, it can mean an entirely different outcome.

So, what's the answer? There isn't one. If you want to keep riding, my advice is to sign up for an experienced rider's course, and let the instructors know why you have signed up for it. Veteran riders can be confident (a good thing), but going back over the basics always helps. And who knows? It may save your life if there's a "next time."

Bryan Hall is an experienced rider and author based in Nampa, ID. His book "Life Behind Bars" was published in 2013. You can read more on his website at www.hiwayflyer.com.

INVISIBLE INJURIES

Real life effects following a serious accident

by: Max Meyers

The news often talks about the mental health crisis in America. Mental health issues are often thought of as a shameful secret not to be discussed. People like to think they can handle it themselves, but that obviously is



not the case. The two recent high-profile suicides of Kate Spade and Anthony Bourdain, that were linked to depression, clearly illustrate this point.

Accident victims often find themselves dealing with various types of invisible mental trauma and injuries. It could be a physical injury like a concussion or skull fracture with an associated traumatic brain injury that often leads to a host of mental and emotional impacts. In our experience, one of the most common mental injuries after an accident is fear and anxiety associated with the activity that caused the injury. We see it in at least 50% of our clients

involved in serious motor vehicle accidents.

Clients report experiencing flashbacks when they drive by the scene of their accident (it often does make a difference if they are driving or are a passenger). They also tell us the act of driving is no longer a positive experience. Driving becomes a white-knuckle chore where they are on a constant hyper-vigilant look out for any car nearby that may crash into them. In serious cases, PTSD can be diagnosed following a motor vehicle accident. But most often it's a form of anxiety that is very treatable.

Normal daily behaviors often change for injury victims. They simply won't drive anymore, or won't drive on certain roads anymore, like freeways, because this feeling can be so intense and anxiety producing.

The emotional changes can be just as intense. The personality of an individual can change temporarily following an accident. They can be more irritable, less social, tend to isolate themselves, avoid crowds, avoid loud noise, be fatigued, as well as many other symptoms. They and family members often struggle to figure out what's going on.

Luckily, there is hope and help for accident victims suffering with these types of invisible mental traumatic injuries. As a lawyer, one of

my most important roles is to help injury victims recover from ALL injuries. I often have conversations with clients about this very topic. Acknowledging that these types of injuries can occur and that they are normal and common is a huge step towards removing the stigma associated with mental health issues.

A good first step for those with these types of invisible injuries is to tell your treatment providers about the symptoms you are suffering from. A good second step is to seek the help of an experienced mental health treatment provider.

I have seen clients with driving anxiety return to their normal life after only a hand full of appointments. It doesn't happen overnight, but results can be seen quickly with some diligent work. As with any injury recovery process, it's not easy and often painful, but worth the effort to get your life back to where you want it.

If you or a loved one have been in a motor vehicle accident and this article has provided an AH-HA moment, PLEASE take the next step and get in touch with your primary treatment provider and have a discussion about how to address this invisible injury that is so common following accidents.

FUN AT THE 2018 SKY VALLEY MOTORCYCLE SHOW!

THANK YOU to all of you who came out to see us at the annual **Sky Valley Motorcycle Show** on May 21st!

Lots of great food, great people and great bikes at the show this year. We had a lot of folks stop by our booth to enter our **Seahawks Pre-Season tickets** and **VISA gift card** giveaways.

Winners will be drawn and announced July 31st...stay tuned!



Shelly's RECIPE CORNER

Asian Garlic Noodles

INGREDIENTS

- 8 ounces spaghetti
- 12 ounces medium shrimp, peeled and deveined
- 1 tablespoon olive oil
- 8 ounces cremini mushrooms, sliced
- 1 red bell pepper, diced
- 2 zucchinis, diced
- 1 carrot, grated
- 2 tablespoons chopped fresh cilantro leaves

FOR THE SAUCE

- 1/3 cup reduced sodium soy sauce
- 3 cloves, garlic, minced
- 2 tablespoons brown sugar, packed
- 1 tablespoons sambal oelek (ground fresh chile paste), or more, to taste*
- 1 tablespoon oyster sauce
- 1 tablespoon freshly grated ginger
- 1 teaspoon sesame oil



Recipe courtesy of damndelicious.net

DIRECTIONS:

In a small bowl, whisk together soy sauce, garlic, brown sugar, sambal oelek, oyster sauce, ginger and sesame oil; set aside.

In a large pot of boiling salted water, cook pasta according to package instructions; drain well.

Heat olive oil in a large skillet over medium high heat. Add shrimp and 2 tablespoons soy sauce mixture, and cook, stirring occasionally, until pink, about 2-3 minutes; set aside. Stir in mushrooms, bell pepper, zucchinis and carrot to the skillet. Cook, stirring frequently, until tender, about 3-4 minutes. Stir in spaghetti, shrimp and remaining soy sauce mixture until well combined, about 2-3 minutes. Serve immediately, garnished with cilantro, if desired.

*Sriracha can be substituted.

JULY

WINE TASTING AT CRYSTAL MOUNTAIN JULY 7

A ticket to Mt. Rainier Wine Festival includes eight samples of Washington wine with tapas (appetizers) and live jazz in a tent on the lawn of Alpine Inn Restaurant at Crystal Mountain.

Visit www.crystalhotels.com/2017/05/12/mt-rainier-wine-festival-2017/.

STREET FOOD FESTIVAL JULY 7 - 8

Seattle Street Food Festival has 150 food trucks and food booths, a beer garden, live music, and 70 Urban Craft Uprising vendors in South Lake Union, along 9th Ave. N. from Denny Way to Harrison Street. Free.

Visit www.seattlestreetfoodfest.com for details.

BALLARD SEAFOOD FESTIVAL JULY 13 - 15

Eat seafood, watch a lutefisk-eating contest, hear music, see art, visit the family stage, and enjoy the BeerFest at the Ballard SeafoodFest. You may even spot a Viking at this free Scandinavian event.

For details and information visit www.seafoodfest.org.

BICYCLE TO PORTLAND JULY 14 - 15

The non-competitive 200-mile Seattle to Portland Bicycle Classic is one of America's best, with 10,000 participants departing from north of Husky Stadium.

Visit www.cascade.org/node/6801 for details.

RUN AT SAFECO FIELD JULY 21

Refuse To Abuse 5K is a fun run & walk that takes you around every level of Safeco Field, from the top to the players' tunnel to the final lap around the field.

Visit www.facebook.com/events/168499560588394/.

VASHON STRAWBERRY FESTIVAL JULY 21 - 22

Vashon Island Strawberry Festival has a fun parade (Sat. 11 a.m.), a dance (Sat. 7 p.m.), a music stage, a car parade (Sun. 11:45 a.m.), carnival rides, a beer garden, and 200 vendors. Free. A shuttle service from the ferry boat is \$1.

Visit <http://www.vashonchamber.com/pages/vashon-island-strawberry-festival>.

VINTAGE CAR SHOW JULY 27 - 29

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

Visit www.good-guys.com/pnwn-2018 for more details.

DRAGON BOAT FESTIVAL JULY 28

Celebrating Life Dragon Boat Festival has entertainment, kids' activities, food trucks, vendors, and exciting dragon boat races at Lake Sammamish State Park. Free except park entrance fee.

Details: www.celebratinglifedragonboatfestival.com/wp/.

EVENTS



MAX MEYERS LAW^{PLC}

Where Accident Victims Get Help



IN THIS ISSUE

- Best 4th of July Movies**
- Riding again after a Serious Accident**
- Mental Side Effects after an Accident**
- Shelly's Recipe Corner**
- July Events**
- Sky Valley Motorcycle Show**
- Bikers at the Beach**
- Nextdoor**

PHONE 425.276.7804 | FAX 425.739.6550 | 8750 122ND AVE NE KIRKLAND WA 98033
INFO@MAXMEYERSLAW.COM | WWW.MAXMEYERSLAW.COM

TO BE REMOVED FROM OUR MAILING LIST PLEASE CALL 425.276.7804 OR EMAIL INFO@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.



**You can now find
Max Meyers Law
on Nextdoor.com!**

Thank you for recommending us
to your neighbors, friends, and family.



Come visit us at the **Bikers at the Beach Motorcycle Rally in Ocean Shores** on **July 27th - 29th!** We will be located at the Ocean Shores Convention Center. Swing by our booth to be entered in our drawing for:

- 1st prize - Seahawks Pre-Season tickets
- 2nd prize - \$250 VISA gift card

See you there!

To find out more about Bikers at the Beach go to Facebook or visit www.BikersAtTheBeach.com.



[maxmeyerslaw](https://www.nextdoor.com/maxmeyerslaw)



[maxmeyerslaw/](https://www.facebook.com/maxmeyerslaw/)



[u/0/+MaxMeyers/posts](https://plus.google.com/u/0/+MaxMeyers/posts)



[user/kirklandinjurylawyer](https://www.youtube.com/user/kirklandinjurylawyer)



[Max Meyers](https://www.linkedin.com/company/maxmeyers)