

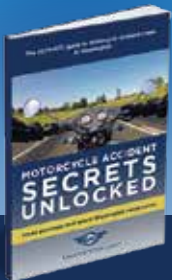


MAX MEYERS LAW **SPOKE & WHEEL**



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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 to get your free download now or call **425.276.7804** to have a copy mailed to you.

STARTING AN HERB GARDEN *with your kids*

by Dawn Husmoe

AS A MOTHER OF TWO YOUNG BOYS (2 ½ and 5 years old), I am always on the hunt for new and fun educational activities to try. With summer just around the corner, I have been in search of an outdoor activity that the whole family can enjoy together. After all, what better way to take advantage of summer in the beautiful Northwest than to get outside and be at one with nature (...and of course get the kids outside for some fresh air)?!

One of my all-time favorite hobbies is cooking. I am always on the lookout for new recipes to try...especially ones that my kids will eat! I have recently discovered that my boys enjoy spending time in the kitchen cooking with Mom and Dad. More importantly, I have found that when they help prepare their meals they are more likely to eat their food (a win-win)! They like to ask questions about the different ingredients we use...and that is when I came up with the idea of starting an herb garden with my kids.

Growing an herb garden is a great way to start teaching your kids about gardening. They are easy to maintain and can be used in many different ways. A personal goal of mine is to teach my boys the names of the different herbs we grow and how they are used in the food we make. If you are like me and are not a natural green thumb, you may be a little worried and not know where to begin. Here is a simple list of items I have found to help you get started:

HERBS - you can grow the herb plants from seeds if you prefer, but to make it easy I am going with starters (these are plants that you can buy that have already started growing)



A CONTAINER with drainage holes - you can use one large container or multiple small containers...whatever you like best!

POTTING MIX - you can find this anywhere plants and gardening materials are sold.

A SUNNY SPOT - this can be inside or outside. Keep in mind herbs need around 4 - 6 hours of sun a day.

Fill your container (or containers) with potting mix and plant your herbs. Be sure to read the directions that are included on how much space to leave between plants and how much watering is required. Lastly, find a nice sunny spot and enjoy your new herb garden!

Get your kids involved by having them think of different foods they like to eat. For example, my boys LOVE pizza, so we are going to start with a "pizza herb garden" that will include basil, parsley and oregano. By knowing what your kids like to eat, it will help you decide what kind of herbs would be fun to grow. Kids can help harvest the herbs, learn how they are used in their favorite meals and begin to learn about gardening. Family fun and educational all at the same time...now that makes for one happy Mom!

NO BAG POLICY

TERRORIZES KIRKLAND!

OKAY MAYBE it's not that bad, but it seems that way when trying to change a habit. Recently the City of Kirkland enacted a No Plastic Bag policy. I'm the first to admit I love the convenience of plastic grocery bags. They have so many other uses when you get them home, like:

- We use them to line our bathroom garbage cans.
- They are reused as lunch bags.
- For those of you with pets, they are great for picking up doggy doo doo and cat litter.
- Our friends with kids use them for dirty diaper disposal and all sorts of mess containment while at home or on the road.
- If you are painting and need to take a break you can wrap you paint brush in a bag and stick it in the fridge to keep it from getting dry.
- When packing for a trip they are great for putting shoes in so they don't get your clothes dirty.
- Whether you are moving, packing or shipping breakables, these bags help keep fragile items safe from damage.

Despite my grumblings we here at Max Meyers Law have been forced to get on board the No Bag train.

Check out our cool new MML Shopping Tote!



Are you having trouble getting on board like we did? If so, we want to help! If local cities are going to require us to have reusable shopping bags...we decided why not make our own?!

We sent a Tote to all our friends who live in No Bag cities here in Washington. If you don't live in such a city and want a bag to use or to enter our Super Cool Contest shoot us an email at info@maxmeyerslaw.com or call Dawn at (425) 242-5595.



SUPER COOL

Photo Contest
with MML Shopping Tote.

YOU COULD WIN A WASHINGTON **JERSEY** OF YOUR FAVORITE SPORTS TEAM!

We're giving Max Meyers Law Tote Bags away to all our newsletter readers for free. Plus we are running this **super awesome photo contest** of people using the new MML Shopping Tote!

Just take a picture of you or a family member using our sweet new MML Shopping Tote and email it to info@maxmeyerslaw.com or post it on our Facebook page - Max Meyers Law PLLC or www.facebook.com/maxmeyerslaw.

• **The deadline is July 31, 2016** •

Take a shot of you using it shopping, at the beach, at your 4th of July picnic, carrying your dog, or carrying your child. Let creativity be your guiding light! We'll pick the top pictures in each category to receive a team jersey of your choosing (Price cap of \$100 per jersey).

We have two categories. There is an Adult category for everyone 18 years and up, and a Child category for everyone 17 years or younger. There will be two winners: One Adult and one Child.

If you live in a city that has a No Bag policy we have mailed you one of our bags already. **We're all in this thing together!!**

If you need a bag just **email info@maxmeyerslaw.com** with your preferred mailing address or call us at **(425) 242-5595**.



Max Wins Another Prestigious Award

The American Institute of Personal Injury Attorneys has named Max Meyers as one of the **10 Best Attorneys for Client Satisfaction** in the practice of Personal Injury Law in the State of Washington. Membership in The American Institute of Personal Injury Attorneys is by invitation only and is extended to attorneys who have attained the highest degree of professional achievement in his or her field of law and have an impeccable Client Satisfaction rating in their respective State.

Congratulations to Max on winning the award, but really, all we care about is helping accident victims find the help they need after a collision. Changing someone's life means way more to us than a plaque or a badge. Nevertheless, another top attorney award is nice to receive!

Grandma's Tuna Casserole

Shelly's RECIPE CORNER

This month our recipe comes from our newest team member Dawn. This Tuna Casserole is her Grandma's tried and true casserole and never disappoints!

INGREDIENTS

12 oz. package of wide egg noodles	1 cup celery, diced
1 lb. cottage cheese	1 garlic clove, minced
3 cans of tuna fish, drained	1 tsp salt
1 cup sour cream	¼ tsp pepper
2 cans Cream of Mushroom soup	1 tsp Worcestershire sauce
1 medium onion, minced	1 ½ cups parmesan cheese, grated
	1 ½ cups potato chips, crumbled

DIRECTIONS

Preheat oven to 350°. Cook egg noodles according to instructions on package. Mix all other ingredients (except parmesan cheese and potato chips) together. Combine with cooked noodles.

Place mixture into a 9 x 13 casserole dish. Top with the parmesan cheese and potato chips. Bake for 1 hour and 15 minutes.



photo courtesy of
theweekendgourmande.wordpress.com

CREATING A COMPREHENSIVE MOTORCYCLE EMERGENCY KIT

Motorcyclists are typically an adventurous and independent breed of folk, loving the freedom of riding on the open road. But being carefree doesn't mean being careless; preparedness is a virtue. You never know when you might blow a tire, come across a deer, or misgauge a turn and wind up flipping your bike. If ever something goes amiss, it's good to be prepared for come what may.

A motorcycle emergency kit is a necessity for every rider and can help give you a little more peace of mind. Have it with you on every ride. You can purchase a pre-made kit from a retailer, or you can create your comprehensive package designed to meet your needs. Below are some of the items to consider adding to your package.

TOOLS

Most modern motorcycles include a very limited toolkit, usually secured under the seat. It's usually generic and insufficient to meet your needs if ever you're stranded on the road. Ride Apart provides an excellent list of tools that they recommend for your motorcycle emergency kit. "Providing your vehicle is relatively new and more importantly well-maintained, and if it's not an old clunker that's on its last leg, these tools will take care of most situations," Ride Apart writer Tim Watson noted.

- Flathead screwdriver (or multi-head screwdriver)
- Fold-up Allen wrench
- Multi-purpose pocket knife, e.g., Swiss Army knife
- Pliers
- Adjustable wrench

- Flashlight
- Battery cables
- Spare fuses
- Tire repair kit
- Zip ties
- Duct tape
- Electrical tape

MEDICAL ITEMS

You can opt for a pre-packaged first-aid kit, or you can put together one of your own.

- Bandages in various sizes
- Gauze and tape
- Alcohol wipes
- Packets of antibiotic ointment
- Tweezers and small scissors
- Acetaminophen & anti-inflammatory (ibuprofen)

SURVIVAL AND GENERAL ITEMS

Lastly, for longer rides or rides to remote locations, you'll want to make sure you have essential survival items. You might wish to include the following in your kit.

- Water or a hydration pack
- Iodine (to purify water)
- Reflective survival blanket, balaclava & gloves
- Protein bars
- Phone numbers for AAA and your insurer
- You might also want to think about buying a motorcycle GPS or emergency GPS system, just in case you're ever without cellphone reception after a motorcycle accident.

Being prepared can save you the frustration of being stranded on the side of the road somewhere where there may be no cell coverage. Plus you may be able to help another rider who is less prepared but could use a helping hand.

SAFE RIDING!!





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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.

JUNE EVENTS CALENDAR

Bulldozer Day JUNE 4 - 5

Kids can watch and even operate heavy construction equipment on Dozer Day, which also has police cars and fire engines on display at the Washington State Fair Events Center in Puyallup. Visit <http://seattle.dozerday.org/> for more details.

Pet Expo JUNE 4 - 5

Bring your pet to the Seattle Pet Expo, which offers vendors, vaccinations, entertainment and adoptions at the Washington State Convention Center in Seattle. This event is FREE! Visit www.seattlepetexpo.com/index.php for more details.

Made in Seattle Week JUNE 6 - 10

Offers speakers and panels about local industries like technology, design, music, food and beer. Visit <https://blog-proxy.generalassembly.ly/blog/celebrating-things-made-seattle/> for details.

Mountain Bike Fest JUNE 11 - 12

Check out the Evergreen Mountain Bike Festival in Issaquah. Shop vendors, ride trails, test your skills, test bikes (for a fee), visit kids' events, buy food or beer. Entry is FREE. For details and information visit www.evergreenmtbfestival.com/.

Woodinville Wine Ride JUNE 12

A 30-mile bike ride on paved trails from Woodinville to a wine tasting and food sampling in Magnuson Park and then back to a party! Visit www.cascade.org/rides-major-rides/woodinville-wine-ride for details. Ride begins at 9am.

Wooden Yacht Parade and Tour JUNE 17 - 19

Watch a parade of classic boats on the Seattle waterfront Friday 2 to 4 p.m. Wear soft-soled shoes to tour the boats Saturday and Sunday at Bell Street Pier Classic Rendezvous at Pier 66. Visit www.portseattle.org/Marinas/Bell-Harbor-Marina/Pages/classic_wkend.aspx for details.

Redmond Beer Festival JUNE 17 - 19

Washington Brewers Festival offers 400 beers from Washington breweries, live music, food trucks, and a kid's area at Marymoor Park in Redmond. No dogs. Details can be found at <http://washingtonbeer.com/festivals/washington-brewers-festival.php>.

Father's Day Car Show JUNE 19

Hundreds of vintage and classic cars to admire at Fenders on Front Street, which includes live music, family activities and awards in Issaquah. Entry is FREE. Visit www.fendersonfrontstreet.com/.

Taste of Tacoma JUNE 24 - 26

Offers restaurant food, arts & crafts, live entertainment, a cooking show and beer/wine tasting at Point Defiance Park. FREE admission. More details can be found at www.tasteoftacoma.com/.



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