



MAX MEYERS LAW

# SPOKE & WHEEL



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## TEACHING YOUR CHILD TO RIDE A BICYCLE

### What's The Best Method?

Is there a right way or a wrong way? I recently read an article on Slate.com discussing whether training wheels were the best method. The article started with this little story:

Let your mind wander back to the day you first learned how to ride a bike. Who can forget such a magnificent moment?

It's an iconic scene: The child is nervous on his shiny new Schwinn, but he trusts his father—and his training wheels. On the sunny afternoon they are finally removed, the child is confident that his training wheels have prepared him to ride a bike—that they have trained him. His father runs beside the bicycle, holding onto the seat, and then let's go. The child triumphantly sails forth—face down, into the pavement. Oh, the memories!

I can remember the freedom learning to ride a bike gave me as a young boy, I'm sure young girls felt the same way I did. Wind blowing through your hair as you pedal around the neighborhood free as a bird. Learning to ride a bicycle is a rite of passage for kids. Unfortunately, bumps and bruises are the cost of such freedom.

Training wheels have been the go-to method of teaching kids to ride for many parents over generations. Dad bolts on a set of training

wheels, child learns to pedal while balanced on a sideways leaning bicycle. In reality, when the training wheels come off the child hasn't learned all the skills needed.



To ride safely you must learn two basic things; how to pedal and how to balance. Training wheels are great at helping kids learn to pedal. But once the wheels come off, the bumps and bruises begin. Training wheels do little in the way of teaching a child to balance and ride at the same time.



In recent years we've seen the introduction of balance bikes. The often wood pedal less and brakeless bikes have seats low to the ground so kids can

use their feet to propel and stop the bike. I love these for teaching balance first, as balance on a bicycle in my opinion is the key to learning to ride.

Trouble happens when balance bikes are mixed with speed, say from a hill. Kid's feet are not the best stopping method and can lead to feet or leg injuries. To keep your kids safest I'd keep them on fairly level and smooth ground. You don't want their feet getting caught in any holes in the ground or anything sticking up from the ground.

Kids often learn confidence on a bicycle with either method. The confidence is safer on balance bikes because they know how to properly handle an upright bike. All they have to then learn is to pedal, which is much easier if you have mastered the art of balancing the bike first.

Forget the training wheels and go pedal less is my advice. You can likely get your child on a bicycle sooner and safer using a balance bike.

## 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 [WashingtonMotorcycleBook.com](http://WashingtonMotorcycleBook.com) to get your free download now, or call **425.242.5595** to have a copy mailed to you.

# JUNE 21<sup>ST</sup> IS SUMMER SOLSTICE DAY



The solstice heralds the beginning of summer in the Northern Hemisphere. In 2014, the solstice falls on **June 21 at 6:51 A.M. EDT.**

The timing of the solstice depends on when the Sun reaches its farthest point north of the equator. The word solstice is from the Latin solstitium, from sol (sun) and stitium (to stop), reflecting the fact that the Sun appears to stop at this time (and again at the winter solstice).

In temperate regions, we notice that the Sun is higher in the sky throughout the day, and its rays strike Earth at a more direct angle, causing the efficient warming we call summer.

This summer solstice is the day with the most hours of sunlight during the whole year. How will you celebrate the solstice and all that extra daylight? **Here are 10 ideas:**



**Light a bonfire:** The solstice day was traditionally celebrated by dancing around the bonfires.



**Go fishing:** Summer is a great time to get out on the water and what better way to enjoy a lazy day on the water than going fishing?



**Plant a seed or a tree:** Traditionally, to the farmer, the solstice is the midpoint of the growing season, halfway between planting and harvesting and an occasion for celebration.



**Get pampered:** Midsummer Day, near the solstice, was said to make old people look younger. It was also thought that walking barefoot in the dew would keep one's skin from getting chapped.



**Camp:** Plan a camp-out to enjoy the great outdoors, whether it's a tent in the backyard or a cabin in the woods.



**Go to an outdoor concert:** Pretty much any city has a free outdoor concert series and some of the best music is performed by local artists.



**Read a book:** Temperatures rise and lazy days ensue. Relax on the beach or the porch and read up on gardening tips, natural health, and more.



**Watch the night sky!** In ancient Egypt, the New Year was celebrated when the star Sirius rose around the time of sunrise. This roughly coincided with the summer solstice and the annual flooding of the Nile River.



**Cook outside:** There's nothing as tasty as grilled food. Have a big cook-out on the solstice.



**Let the light in!** With all this extra daylight, hang a sun catcher on your window or porch.



# QUESTIONS FOR MAX

## ONE OF THE MOST COMMON QUESTIONS EVERYONE HAS AFTER A VEHICLE COLLISION IS “HOW MUCH IS MY CASE WORTH?”

The answer is not as simple as you might think. Unfortunately, there is no magic formula or calculation where you plug in the numbers and a value is spit out. The old saying about multiplying your medical bills by 3, 4 or whatever and that’s your case value is false. Determining what your injury case is worth is more complicated. **There are multiple factors that influence case value:**

- medical bills
- permanent injuries, if any
- loss of wages
- length of recovery time
- inability to do your job
- frequency of injury symptoms
- severity of injury symptoms
- intangible harms (like pain, frustration, stress, or humiliation when recovering from injuries), and more.

Accident victims can be entitled to compensation for some or all of the above factors depending on the specific injuries suffered. The biggest impact in determining the value of an accident case is the total cost, extent, and length of medical treatment and whether a full recovery was made or if there are permanent and lingering injuries.

If you are treated for only a couple months and make a full recovery your case value is less than someone who is treated for years and is left with a permanent injury. The more severe your injuries the more likely you will benefit, often greatly, from hiring an attorney to help you with your case. The best way to get a range of what your Washington car, bicycle or motorcycle accident case may be worth is to call Max for a free consultation.

## ANOTHER OF THE MOST COMMON QUESTIONS AFTER A CASE SETTLES IS “DO I HAVE TO PAY TAXES ON THE SETTLEMENT?”

The short answer in Washington is **generally NO taxes are owed** on money received in settlement of a personal injury claim.

Compensation for an injury is not considered income for tax purposes. You may be asking what does that mean exactly? According to current IRS law, if a car accident victim obtains a settlement for injuries suffered in an accident, which are paid by another party (for example, from the at-fault driver who hit you), the settlement money is not taxable. Of course there are always exceptions!

The IRS generally taxes **Punitive Damages**. What are punitive damages?

Punitive damages are money that a driver is ordered to pay over and above the full value of a case. They are meant to be additional punishment because the conduct of the at-fault person was so bad or outrageous the jury or judge has decided to set an example for every other driver to heed.

The message of punitive damages is to all drivers beware, you better not do this, or you could be faced with owing a huge amount of money.

However, in Washington state punitive damages are not usually available in car accident claims.

When the media talks about huge verdicts from car accident cases, it usually is from another state that allows punitive damages.

If you are thinking about accepting an insurance company’s settlement offer but don’t have a lawyer, it might be a good idea to give Max a call for a free consultation to review your case and make sure you’re doing the right thing.

## MOTHER’S DAY WEEKEND GETAWAY CANNON BEACH

We always have a crazy Mother’s day weekend. Shelly’s sister Sherry has a birthday in early May near mother’s day. This year Shelly’s mom Kathy and her sister Sherry chose a family getaway to Cannon Beach, Oregon to celebrate both special days.

Shelly and I love Cannon Beach, mostly because we love beach towns and the laid back feel of them. If you haven’t been to Cannon Beach it’s a must. It’s only a 4 hour drive from the Seattle area and has many accommodations to fit any budget.

Our favorite place is the Inn at Cannon Beach, [www.atcannonbeach.com](http://www.atcannonbeach.com). The Inn is set up like separate lodges housing four rooms or so each. The feel of the place is more vacation village than hotel. The hotel is not directly on the beach, but the beach is only a short 100 yard walk across the street. The hotel will even let you borrow some chairs for lounging on the beach or to watch the sunset with a nice bonfire!



Shelly and I have two favorite places. Mine is the Sleepy Monk coffee shop, [www.sleepymonkcoffee.com](http://www.sleepymonkcoffee.com). I’m a sucker for freshly roasted coffee or espresso. Sleepy Monk roasts its coffee on site almost daily ensuring the coffee is mind blowing at all times. They also bake the best scones each morning. Shelly’s fave was the orange chocolate chip, I preferred the bacon blue cheese.

Shelly’s absolute favorite place is the Lumberyard Grill, [www.thelumberyardgrill.com](http://www.thelumberyardgrill.com). The food is good but they have a dessert straight out of Shelly’s dreams. She loves S’mores, really anything marshmallow, but particularly S’mores. The Lumberyard has a S’mores skillet that we have to get at least once every time we’re in Cannon Beach. Look at it, it’s amazing!! Graham crackers, chocolate, marshmallows, covered in Carmel and chocolate sauce baked in a skillet, oh my!



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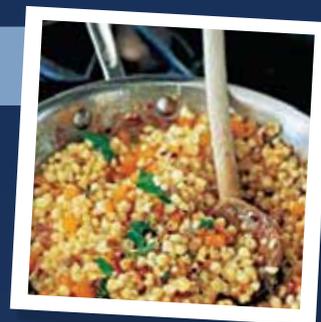
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## Confetti Corn

- 2 tablespoons good olive oil
- ½ cup chopped red onion
- 1 small orange bell pepper, ½ -inch diced
- 2 tablespoons unsalted butter
- Kernels cut from 5 ears yellow or white corn (4 cups)
- 1 ½ teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons julienned fresh basil, minced fresh chives,  
and/or minced fresh parsley

### Directions

Heat the olive oil over medium heat in a large sauté pan. Add the onion and sauté for 5 minutes, until the onion is soft. Stir in the bell pepper and sauté for 2 more minutes.



Add the butter to the pan and allow it to melt. Over medium heat, add the corn, salt, and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the corn just loses its starchiness. Season to taste, gently stir in the basil or other green herbs, and serve hot.

Serves 6.