



MAX MEYERS LAW **SPOKE & WHEEL**



COOL New Bicycle Helmets



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WITH DAY LIGHT SAVINGS ENDING THIS MONTH, we are faced with much shorter hours of daylight. Our commute home in the evening will soon be in the dark. For bicycle commuters this can be an added danger this time of year. We found a very cool new bicycle helmet with next generation lighting concepts for improved safety and a new helmet with fitness tracking built into it. These are Kickstarter projects that you may want to get behind if you're a bike commuter.

LUMOS BICYCLE HELMET

www.lumoshelmet.com

Imagine a smart helmet that not only has headlights but can indicate braking and turning, much like blinkers and brake lights in a car. That vision was brought to reality by a former Harvard Business School student and a mechanical engineer. They joined to create a unique bicycle helmet with three types of powerfully bright LED built-in lights.

Their startup, Lumos, garnered funds on Kickstarter and worked with Chinese manufacturers to develop an ordinary looking helmet with extraordinary features: a front light, wireless turn signal lights, and rear brake lights. The rear light uses an integrated accelerometer that switches from flashing to a solid red light when the cyclist slows down and brakes.

The turn indicators are connected wirelessly to a remote attached to the bicycle handlebars. When the cyclist wants to turn, she/he pushes the button on the handlebar remote to trigger the blinkers on the sides of the helmet. This helmet aims to improve safety by increasing cyclists' visibility to motorists while biking to work or for recreation any time of the day.

LIFEBEAM SMART HELMET

www.life-beam.com

The original LifeBEAM helmet was designed to monitor the vital signs of pilots and astronauts.

The manufacturers wanted to bring the helmet to the general public, so they developed a smart helmet geared toward the fitness enthusiast. The helmet senses your body while you ride, offers CPSC-certified protection, monitors your heart rate, counts your caloric expenditure, and analyzes your performance.

The features on the LifeBEAM helmet are lengthy. A few of the highlights include the following:

- Optical heart-rate sensor
- Lightweight, comfortable, sleek design
- Three-axis accelerometer
- Wireless connectivity with compatible smart phones, sports watches, & cycling computers
- Compatible with most fitness apps, fitness devices, and mobile devices

BICYCLE AND PEDESTRIAN ACCIDENTS

Max Meyers Law PLLC is a major supporter of bicycling and walking initiatives. In keeping with these priorities, Max Meyers represents injured cyclists and pedestrians in the Seattle area.

Contact **Max Meyers** today if you were hurt by a negligent motorist **425-276-7804**.



FREE INSTANT DOWNLOAD

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

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

Go to our website www.WaCarAccident.com to get your free download now or call **425.276.7804** to have a copy mailed to you.

10 THINGS You Need to Know

about the new I-405 Toll Lanes

The Max Meyers Law offices are located in Kirkland and we have many clients who travel I-405 in order to get to us. **As of September 27th there are now new toll lanes** located on I-405 between Bellevue and Lynnwood. To help better understand how these toll lanes work we visited the WSDOT website and found these **“Top 10 things you need to know about I-405 express toll lanes.”**

By Laura Johnson

1. Flex Pass – If you carpool on I-405, you'll need a Flex Pass set to HOV mode and the right number of people to ride toll-free in the express toll lanes. Flex Passes work to pay tolls on any toll road in Washington.

2. Carpool rules – You'll need three people to form a carpool during peak hours (5-9 a.m. and 3-7 p.m.). At all other times, only two people are required.

3. Activate your Flex Pass – If you purchased a pass at one of our retail partners (Fred Meyer, QFC or Walgreens) you'll need to go online to set up and fund a Good To Go! account and activate your pass.

4. Rate Signs – Signs will tell you everything you need to know about the current carpool requirements and toll rates so that you can make an informed choice about whether you want to choose to use the lanes for that trip. With a Good To Go! pass, you always pay the price you see when you enter, even if you see

a higher toll rate further down the road. If you don't have an account, you'll receive a bill in the mail for the Good To Go! pass rate plus an extra \$2 per toll transaction.

5. Toll Rates – Toll rates are based on current traffic and will typically vary between 75 cents to \$4 per trip depending on time and distance traveled. The highest possible toll rate for a single trip is \$10. The price goes up when lots of vehicles are using the express toll lanes and the price drops as demand for the lanes goes down. This dynamic pricing manages congestion in the express toll lanes to keep speeds at a minimum of 45 mph.

6. Designated entry/exit points – The express toll lanes are separated from the regular lanes by double white lines that are illegal to cross. Vehicles can enter and exit at dashed segments in the double white lines, or at direct access ramps to NE 6th St in Bellevue or NE 128th St in Totem Lake.

7. Enforcement – Washington State Patrol will enforce the express toll lanes. Troopers know when a vehicle is using a Flex Pass or motorcycle pass to avoid tolls. There are extra troopers in the corridor enforcing the carpool requirement.

8. Animated videos – Visit GoodToGo405.com to watch videos to find out what you need to know.

9. Motorcycles – All motorcycles will need a motorcycle pass to ride toll-free in the express toll lanes. You can get a free motorcycle pass while supplies last in 2015 by taking a brief survey on the GoodToGo405.com website.

10. GoodToGo405.com – Visit the official website for the I-405 express toll lanes, with the above information and more.



TURKEY TROT RACES



Statistics show the average person will consume **3,000 to 4,500** calories on Thanksgiving Day! This year, before you sit down to a delicious Thanksgiving feast why not burn some calories by participating in one of these Turkey Trot races. The races are fun for all ages and a great way to spend time with family and friends. Don't be afraid to dress up and have fun with it.



ORTING TURKEY TROT
November 21 at 9am
www.databarevents.com

KIRKLAND TURKEY TROT
November 22 at 10am
www.hope-link.org/TT2015

GREEN LAKE GOBBLE & MASHED POTATO MUNCH OFF
November 22 at 9am
www.promotionevents.com

BEAT THE BIRD
November 26 at 9am
www.greatestgoalministries.org

ISSAQUAH TURKEY TROT
November 26 at 9am
www.issaquahturkeytrot.org

SEATTLE TURKEY TROT
November 26 at 9am
www.seattleturkeytrot.org

THE WATTLE WADDLE
November 26 at 8am
www.wattlewaddle.com

TACOMA CITY TURKEY TROT
November 26 at 9am
www.tacomacityturkeytrot.com

NORPOINT TURKEY TROT
November 26 at 9am
www.metroparkstacoma.org

November

EVENTS CALENDAR

Ski Dazzle NOV 6 - 8

Shop for snow merchandise at the Ski Dazzle ski and snowboard show at CenturyLink Field.

Visit www.skidazzle.com for more details.

Veterans Day Parade and Observance NOV 7

The Veterans Day Parade & Observance in Auburn is one of America's biggest, with veterans units, military vehicles, drill teams, 25 marching bands, floats, antique cars, and a military fly-over. Free.

Visit the www.auburnwa.gov for more details.

Northwest Orchid Society's Fall Show & Sale NOV 7 - 8

See blooming orchids and visit vendors of flowers and supplies at the Northwest Orchid Society's Fall Show & Sale at Swanson's Nursery. Free.

Visit their Facebook page [Fall Into Orchids Show & Sale](#) for details.

America's Largest Antique & Collectible Show NOV 7 - 8

Billed as America's Largest Antique & Collectible Show, this event has 400 vendors selling furniture, glassware, slot machines, movie memorabilia, estate jewelry, paintings, mechanical banks, and toys at the Washington State Fair Events Center.

For details and information visit www.christinepalmer.net.

Jams for Cans NOV 12

Hear 25 Northwest musicians play to support the food bank at Jam for Cans at Highway 99 Blues Club.

Visit www.highwayninety-nine.com for details.

Whisky Extravaganza NOV 13

Whisky Extravaganza includes unlimited tastes from distillers and a buffet dinner at the Rainier Club.

Visit www.thewhiskyextravaganza.com for details.

Oyster New Year Bash NOV 14

Oyster New Year Bash has 30 varieties of oysters, a seafood buffet, 75 wineries, microbrews, and live music at Elliott's Oyster House on Pier 66. Sells out.

Details can be found at www.elliottsoysterhouse.com.

PNA Winter Beer Taste NOV 14

Enjoy local brews, pub snacks, and a silent auction of beer items at PNA Winter Beer Taste at Phinney Neighborhood Center.

Visit www.phinneycenter.org for more details.

Yulefest NOV 21 - 22

Yulefest brings Christmas to the Nordic Heritage Museum in Ballard, with Scandinavian foods, craft booths, fiddlers, and folk dancers.

More details can be found at www.nordicmuseum.org.

The Festival of Trees NOV 21 - DEC 2

View 21 designer trees in the lobby and driveway of the Fairmont Olympic Hotel during the annual Festival of Trees charity event. See schedule for gala, family celebration, and teddy bear suite.

More details can be found at www.seattlefestivaloftrees.com.

Our recipe this month is courtesy of Max's mom Margot.

Awesome Sausage, Apple and Cranberry Stuffing

INGREDIENTS

5 cups cubed sourdough bread
1 pound ground turkey sausage
1 cup chopped onion
¾ cup chopped celery
2 ½ tsp fresh sage

1 ½ tsp fresh rosemary
½ tsp fresh thyme
1 Granny Smith or Fuji apple cored and chopped
¾ cup dried cranberries
1/3 cup fresh minced parsley

1 cooked turkey liver finely chopped
¾ cup turkey stock (more as needed to make moist)
4 Tbls unsalted butter, melted
1 cup cashews

DIRECTIONS

Preheat oven to 350 degree F (175 degree C). Spread the sourdough bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer toasted bread cubes to a large bowl.

In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors.

Pour sausage mixture over bread in bowl. Mix in chopped apple, dried cranberries, parsley, cashews and liver. Drizzle with turkey stock and melted butter, and mix lightly. Cook in the oven at 350 degrees for 35 to 45 minutes, adding additional stock to keep it moist.



Photo courtesy of Allrecipes.com

Shelly's
RECIPE CORNER



MAX MEYERS LAW^{PLLC}

★★★
**HONORING
THOSE WHO
SERVED**

Thank You Veterans!

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Thank you Referrals!

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**T H A N K
Y O U**



FOR YOUR REFERRALS!

Referrals from family, friends, and clients are the highest compliment we can receive. We thank you for trusting us with your closest friends and loved ones.

This month, we want to recognize the following friends for their referrals:

DAWN HUSMOE

REBECA FLORES

LORETTA WILLIAMS

CHRISTINE RAUEN

MAO SATH

GRANT STRINDEN

LOREN WINTER, EDWARD JONES INVESTMENTS

VERNON APPLGATE, EDWARD JONES INVESTMENTS