



# MAX MEYERS LAW **SPOKE & WHEEL**



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# Halloween PET SAFETY TIPS



Keep your pet safe this Halloween with these important safety tips.

### NO SWEETS FOR YOUR SWEETIE

Keep your pets away from candy (especially chocolate) and avoid placing bowls on the ground.

### MUST SHOW I.D.

Spooked pets can get lost. Microchip and tag them in case they get out.

### KEEP PUMPKIN AWAY FROM THE PUMPKIN

Decorative plants can be toxic and candle-lit jack-o-lanterns are fire hazards if tipped over.

### PARTY POOPERS ARE OK

Some pets are happier in a quiet room away from the party.

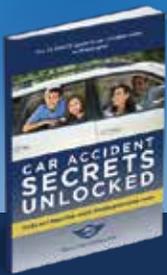
### COSTUMES ARE OPTIONAL

Don't force on an unwanted costume. Most pets prefer birthday suits.

If your pet shows signs of hyperactivity, lethargy or vomiting during or after the possible consumption of candy, chocolate, glowsticks or candle components, please call your veterinarian or the **Pet Poison Helpline at 1-800-213-6680.**

### NO TRICK OR TREATER GREETERS

The front door is a high traffic area. Doorbells and knocks can upset even the friendliest pets.



## 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](http://www.WaCarAccident.com) to get your free download now or call **425.276.7804** to have a copy mailed to you.



## DID YOU SETTLE YOUR OWN CAR ACCIDENT CASE WITHIN THE LAST 5 YEARS?

We are looking for people who have settled their own car accident injury claim directly with the at-fault driver's insurance company without an attorney's help and who also had their medical bills paid by PIP or Med Pay under their own car insurance.



If this is you - please call Max to find out more about a possible case you may have for violations of Washington law. Call (425) 276-7804.

# 7 WAYS

## Your Daily Routine Can Save You Time

Life is busy. Maybe you're a full-time parent who just sent your kids back to school, or a working professional who is balancing two jobs. No matter your situation, try these time savers to help eliminate stress and add a little extra time to your day!

### 1 - MEAL PREP

This is a big one! Create a weekly meal plan for dinner. Planning and preparing the week's meals in advance saves time and money and will help you eat healthier, portioned meals.



Check out these Apps to help with meal planning:

- MealBoard
- Mealime
- Paprika
- PlateJoy

**Grocery Delivery.** Add items to your online cart, then have them delivered in as quick as an hour. You pay extra for the convenience but cut back on in-store impulse buys. Can't be home for pick up? Select a service that uses insulated containers. Here is a list of stores with grocery delivery:

- Safeway
- Kroger
- Target
- Walmart
- Sam's Club
- BJ's Wholesale
- Costco Wholesale

Here are some additional popular websites with grocery delivery service:

- Amazon Fresh
- Boxed
- Instacart

### 2 - SET YOUR CLOTHES OUT THE NIGHT BEFORE

Don't waste precious minutes standing in front of your closet every morning trying to decide what to wear. Plan your entire outfit the night before so you are ready to go the next morning.

### 3 - TURN OFF EMAIL AND FACEBOOK NOTIFICATIONS

Even momentary distractions suck up time in your day. Keep email and Facebook to a designated time during the day and avoid those pesky notification interruptions.

### 4 - SET A TIMER

If you know you have to leave the house by 6:30am, set a timer to keep you on track. Having a visible reminder of the minutes ticking away will help keep you on schedule.

### 5 - HAVE A PLACE FOR EVERYTHING

Get organized by creating a specific, permanent home for your keys, wallet, phone, coat, purse, etc. You will literally save collective hours by not spending that frantic 10 minutes before you want to leave the house desperately trying to find your keys! As soon as you get home in the evening, put everything back in its place.

### 6 - UTILIZE YOUR COMMUTE

Depending on what kind of commute you have, use it to your advantage. If you are a passenger in a car, eat your breakfast on the way to work. If you are a bus or train rider, use that time to check email, social sites and the news.

### 7 - REVIEW YOUR NEXT DAY'S CALENDAR THE NIGHT BEFORE

Check your weekly calendar once on Sundays. Knowing where you are supposed to be will reduce morning confusion, help you get a jump start on the day, and reduce the temptation to check emails between meetings.

What will you do with all the extra time you save? When things get busy, it is easy to put our personal "to-do" list on the back burner. **Use the time you shave off your current routine to do something fun for yourself!**

- Pick up a hobby
- Join a group fitness class
- Take an online course
- Read a new book

You will feel more fulfilled and well-rounded as a human being when you are able to add one of these activities into your daily routine.

# LOTS OF FUN AT OYSTER RUN

Another great year at the annual **Oyster Run** up in **Anacortes!** Lots of great food, music, friendly faces and most importantly... lots of sweet rides!

We changed up our booth location this year and loved being right by the Elks club and next to the live band.

It was also the last chance to enter our 2019 Harley Davidson Iron 883 motorcycle giveaway.

Thank you to everyone who stopped by to say hi and entered our drawing.



*Be safe out there & we look forward to next riding season!*



**You can now find Max Meyers Law on Nextdoor.com!**  
**Thank you for recommending us to your neighbors, friends, and family.**

## FOOD TRUCK FESTIVAL OCT 5

Shop free from food trucks at Trucktoberfest outside South Lake Union Discovery Center, or buy a ticket that admits you to the fenced area for age 21+ and includes six beer samples from 30 breweries.

For details visit [www.facebook.com/events/555980298250478/](http://www.facebook.com/events/555980298250478/).

## LEGO BUILDING CONVENTION OCT 5 - 6

View thousands of models created by adult hobbyists and visit LEGO vendors at BrickCon Public Exhibition in Seattle Center Exhibition Hall.

Visit [www.brickcon.org](http://www.brickcon.org) for details.

## CRAB AND SEAFOOD FESTIVAL OCT 11 - 13

Dungeness Crab & Seafood Festival features food from 14 restaurants, crab catching, craft booths, live music, a 5K run (Saturday), and a chowder cook-off (Sunday) in Port Angeles. Free admission.

Visit [www.landing.crabfestival.org](http://www.landing.crabfestival.org) for details.

## RARE BOOK SALE OCT 12 - 13

Browse thousands of rare books, maps, prints, and photos at the Seattle Antiquarian Book Fair in the Exhibition Hall at Seattle Center.

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

## BEER TASTING IN BOTHELL OCT 19

Taste beer from dozens of breweries with food for sale at Bothell Underground Beer Festival in the garage at Bothell City Hall for age 21+. No pets.

Visit [www.bothellchamberwa.chambermaster.com/events/details/bothellunderground-beer-festival-2018-13716](http://www.bothellchamberwa.chambermaster.com/events/details/bothellunderground-beer-festival-2018-13716).

## PET PARADE OCT 20

Bring your pet to the Halloween Pet Parade in Volunteer Park, featuring pets in costumes, prizes in five categories (noon), a parade (12:30 p.m.) vendor booths, and food trucks at Volunteer Park. Free.

Visit [www.volunteerparktrust.org/event/halloweenpet-parade-2019](http://www.volunteerparktrust.org/event/halloweenpet-parade-2019).

## THRILLER DANCE IN REDMOND OCT 26

Join or watch zombies staggering into Redmond Town Center for a costume contest, photo booth, live music, and "Thriller" dance at Thrill the World Redmond. Free.

Visit [www.facebook.com/events/246940366138751](http://www.facebook.com/events/246940366138751).

## COMICS CONVENTION IN TACOMA OCT 26 - 27

Meet dozens of comics creators, hear panel talks, play games, and browse dealer tables at Jet City Comic Show at the Tacoma Convention Center.

Details at [www.jetcitycomicshow.com](http://www.jetcitycomicshow.com).

# October EVENTS



## Shelly's RECIPE CORNER

# Perfect Pumpkin Seeds

Keep the seeds from your carved pumpkins to make this salty and crunchy snack!

### Ingredients:

- Seeds from 2 large pumpkins
- ½ tsp Lawry's Seasoned Salt
- ½ tbs olive oil
- Dash of salt



photo courtesy of iheartnaptime.net

### Directions:

Preheat oven to 350 degrees.

Scrape out and remove seeds from your two pumpkins. Wash and clean the seeds, making sure to remove any unwanted pumpkin rinds or deformed seeds.

Soak the clean seeds in a bowl full of water for ½ hour on the kitchen counter or overnight in the refrigerator. Drain the seeds and discard the water.

Fill a pot with water and a dash of salt (enough water so that it will cover the seeds). Bring the water to a boil. Place seeds into the boiling water and boil gently for about 10 minutes.

Turn off the heat and drain the seeds and place back into your empty bowl. Toss seeds with olive oil. Lay out seeds in a thin layer onto a cookie sheet. Sprinkle with Lawry's Seasoned Salt. Place in oven and move and turn the seeds over about every 10 minutes, making sure they are not burning. Seeds are done after about 40 minutes or when they become firmer and are no longer soft. You do not want dark spots on your seeds, you want them to be a darker yellow.

Remove from oven and allow to cool. Season with additional salt if desired. Place into a clean mason jar or another food-safe storage container. Enjoy!



## Happy Anniversary Naomi!

We recently celebrated another milestone anniversary at Max Meyers Law.

Congratulations to Naomi on her one-year anniversary!

Noami has been a wonderful addition to our team. All you have to do is read this month's "What Our Clients Are Saying" section in this newsletter to find out just how wonderful our clients think Naomi is.

Thank you for all you do for the team and Happy 1 Year Anniversary!!!



Become a **VIP Member** today and take advantage of our great benefits!

Email Dawn at [dawn@maxmeyerslaw.com](mailto:dawn@maxmeyerslaw.com) or visit our website at [MaxMeyersLawVIP.com](http://MaxMeyersLawVIP.com)!



MAX MEYERS LAW<sup>PLLC</sup>

Where Accident Victims Get Help



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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.

## “THE TEAM IS OUTSTANDING!”

### What our clients are saying...

“Following a car accident not only did I need on-going medical treatment for my injuries I found myself in need of an attorney. Finding an attorney that I could trust and have confidence in, all while recovering from a car accident, was stressful and took some time.

I reached out to a couple of attorneys, but my confidence just wasn't there, then I was referred to Max Meyers Law by my Chiropractor. I first spoke to Richard, who was so friendly, personable and helpful. This was a great start! Then I spoke with Max, and met with him in person. I immediately knew this was a great fit. Not only was he friendly, professional, open and honest, and helpful he turned out to be a hugger. To me this is huge. It shows that he really cares about his clients.

When it came time to work on my case I was told Naomi, another attorney in the office would be working on it with me. I was a little nervous when I first found this out, because I already knew Max and

just loved the way he was during our first couple of interactions. However, after talking with Naomi the first time I absolutely adored her, we just hit it off! When we met in person it was even better, and she's a hugger too. She did a phenomenal job on my case, she was an amazing coach through the whole thing as well. Her communication was absolutely wonderful, I was never left wondering where things were at any point during the process. At the end, she ended up getting more than I ever expected from the other party.

I would never wish an auto accident on anyone. However, if I ever had the opportunity to refer an attorney it would definitely be Max Meyers Law. The team is outstanding!”

- Kimberly Colbourne



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user/kirklandinjurylawyer



Max Meyers