



MAX MEYERS LAW **SPOKE & WHEEL**



IN THIS ISSUE

Junior Kangs Football	1
Oyster Run	2
Car Safety Tips	2
Sending your child to Kindergarten	2
Shelly's Recipe Corner	3
September Events	3
Contest Winners!	4



PROUD SPONSOR

of the Junior Kangs Football program

MAX MEYERS LAW IS PROUD TO BE THE NEW SPONSOR FOR THE JUNIOR KANGS FOOTBALL PROGRAM!

The program is the youth feeder program for the Lake Washington high school football team. Over 100 youth in 2nd through 8th grade, who live in the Lake Washington High School attendance boundary area, are proud to call themselves Junior Kangs each season.

The program fields teams at five different levels based on the player's age and weight. Their goal is to not only teach our players the fundamentals and strategies of football, but to also teach them the skills they will need to be positive and productive adults in our community.

The program is actively seeking sponsorships from individuals and businesses in order to raise funds for the program. This year, the primary goal is to raise over \$4,000 for new football jerseys. Many of the current jerseys are over 10 years old, are faded, and have silkscreened numbers that are wearing off.

Even though these jerseys were past their prime several years ago, the Kirkland Boys and Girls Club has not been able to fund jersey replacement and keep up with the uniform standards in the rest of our league. Thus, the LWJFA is working to secure the needed funds so that our

What?!?

Did you get our **2016 Football schedule magnet?**

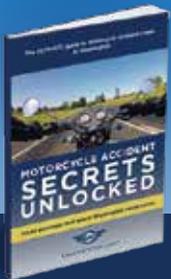
My college buddy Mike Peters did **& CUSTOMIZED IT!**



The Cougar in me loves this.

I suppose all you Huskies would reverse the customization?

Thanks for the pic, Mike!!



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.



Oyster Run in Anacortes!

Come see the Max Meyers Law team at the **Annual Oyster Run** on Sunday, **September 25th!**

The Oyster Run is the 2nd largest motorcycle rally in the country and it takes place in our very own Downtown Anacortes.

This fun event draws thousands of motorcycles of all makes and models. Commercial vendors, food vendors and more!

Please swing by our booth for a visit and **enter to win your very own GoPro camera!** We look forward to seeing you!

PROUD SPONSOR

of the Junior Kangs Football program

players can have new uniforms this season.

Any additional funds raised in excess of the jersey costs will be used for additional equipment and safety gear, which also needs to be replaced on a regular basis. Additionally, the LWJFA is a 501(c)(3) organization, and thus your contribution may be tax deductible.

If you would like to become a sponsor, or if you have any questions, please contact **Marcke Lhyle** at **(425) 495-0126** or **mlhyle@hotmail.com**.

Thank you for your consideration, and Go Kangs!!!!

CAR SAFETY TIPS for Parents

Car accidents are the leading cause of death for kids ages one to 13, according to National Highway Traffic Safety Administration (NHTSA). Parents can prevent these deaths by consistently using proper safety restraints.

To increase awareness and reduce traffic accident deaths amongst children, the U.S. Department of Labor and the NHTSA have created a national initiative, **Child Passenger Safety Week, which runs from September 13 through 19.**

Child Passenger Safety Week is an excellent time to do a check on your child's restraints. To reduce your child's risk of injury and death if ever an accident occurs, try the following tips.

- Make sure you are using the appropriate type of seat for your child's age and weight. Children under one should use a rear-facing seat, and older children can use a forward-facing seat. Once the child outgrows the manufacturers' weight limits, a booster seat is recommended. A child should not be allowed to use a seat belt until s/he is big enough to properly wear it (with the chest strap on the chest, not behind the back or across the neck).
- Follow manufacturer directions.
- Check the NHTSA **safercar.gov** to see if there have been any complaints or recalls for your child's seat.
- Inspect your child's restraint to ensure it's in good repair. If it's frayed or cracked, purchase a new one.



Sending your child off to school FOR THE FIRST TIME!!

by Dawn Husmoe



The time has come for me to send my first baby off to Kindergarten! Where has the time gone?? It seems like just yesterday he was learning to walk and talk. Now, it is time for me to send him off to school... and let's just say this mom is an emotional wreck. While I know it is time for my baby to spread his wings and enter the public school system, it doesn't make this process any easier.

So, I set out to arm myself with knowledge on how to be prepared for this momentous first day of school and came across a fun article called **11 Things Every Mom Should Know Before The First Day of School.** (http://thestir.cafemom.com/big_kid/141573/11_things_every_mom_should).

While dropping my son off for his first day of school still scares the heck out of me, I am comforted in knowing that every parent struggles with these same emotions. For those of you who are also sending your kids off to school for the first time (or are still struggling with the back to school process in general), I hope you find some solace and humor (as I did) in reading the tips from this article:

Buying all the items on the school supply list is like going on a scavenger hunt for the holy educational grail. It's exhausting, exasperating, and you will most likely never (ever) find the last item on the list. Don't lose hair or sleep over it. If it's that important, the teacher will send a reminder home to you.

Trying to wake a kid (who's been sleeping in all summer) at 6 a.m. for school is like trying to lose 10 pounds on the chocolate shake diet. I suggest starting your routine three weeks before school starts back. I never do -- but I'm sure it would make life easier all around.

Walking away from your child on the first day of kindergarten is emotionally harder than 13 hours of un-medicated transition labor. I say this from personal experience. It hurts; be prepared. You will cry. Try to wait to collapse in a pool of snot and tears after you round the corner from your child's classroom. If they see you

crying, they may wonder why the hell you are leaving them some place that is so dangerous that you are crying at the thought of leaving them there.

For the younger sibling of a kindergartner, every morning is like sending the kindergartner off to war and every pick-up is a victory. Be patient with your wee ones who cry for their older siblings. If you think your mommy heart is breaking, the wee one thinks big sis is never coming back.

Watching your child struggle in social situations is like watching them try to learn how to walk for the first time. You stand back, see what happens, and then you give them gentle nudges in the right direction. If all else fails, you grab them by the hands and show them how it's done. This will be particularly true the first day at a new school. You will want to make friends for them. Don't go all helicopter parent -- practice a little free-range from afar.

The first week of school will be exhausting, overwhelming, and frustrating. It won't be a picnic for the kids either.

You will take three trips to seven different stores to find that the only pair of uniform pants that fit perfectly and don't look too "uniform" are \$200 vintage khakis that were worn by Marcia Brady on an episode of the Brady Bunch. True story.

First day of drop-off, you can be sure that some uber Mommy will walk up to you, call you by your name, and talk to you like she's known you forever while you stand there speechless because your brain is fried from the summer sun. You will have NO idea who the hell she is. It's okay -- you'll figure it out.

Seeking absolution from your drop-off faux pas, you will feel the need to step up your Mommying game. This can cause you to do something foolish, like volunteer for several different committees. DO NOT DO THIS. Your guilt will pass but those committees will still expect you to show up.

Two last words for you: bento boxes. The stuff they let pass for school lunches doesn't pass the mommy test by any means -- breadsticks, cheese, and some fried something or other do not a healthy lunch make.

I would love to hear your advice on sending your child off to school for the first time! **Please email me at info@maxmeyerslaw.com with your comments. Thank you all for listening!**

Chicken-Apple Sausage Pesto Pizza **GRILLIN' STYLE**

Shelly's RECIPE CORNER

INGREDIENTS

1 Fresh pizza dough - you can find pre-made pizza dough in most grocery stores or Trader Joes
2 Chicken Apple Sausages - I use aidells all natural Chicken & Apple Smoked Chicken Sausage
Small jar Pesto sauce - I prefer Barrilla brand Traditional Basil Pesto
2 cups shredded Mozzarella cheese
2 cups - Fresh Arugula

DIRECTIONS

Grill the sausages until heated through.

Prepare Dough:

Heat BBQ grill to 350-400 degrees (you don't want grill too hot or too cold).

Roll out the pizza dough on a lightly floured surface and brush with olive oil.

Put dough on grill olive oil side down and cook until just very light brown grill marks appear.

While cooking brush other side of dough with olive oil.

Flip dough and cook until light brown marks appear (dough should start bubbling as well, lean towards undercooking dough here).

Keep in mind once you put the toppings on you will need to place the pizza back on the grill so you just want to brown the dough.

Remove dough and turn grill down so it doesn't get too hot while you top pizza.

Pizza:

Spread Pesto sauce over pizza crust - you can use as little or as much as you like.

Slice chicken-apple sausages and spread over dough.

Cover with Mozzarella cheese - again, as much or as little as you like.

Turn grill back up to 400 degrees, return pizza to grill, close cover and heat until cheese melts (rotate pizza ½ way through to help cook bottom evenly).

Remove pizza from grill and top with fresh arugula and serve.

Tips: Transfer dough to plate or cookie sheet for transport to grill. Make sure to put flour or corn meal on plate or cookie sheet first so the dough doesn't stick.



September

EVENTS CALENDAR

Puget Sound Bird Festival SEPT 9-12

This Edmonds festival includes guided birding walks and exhibits. Visit www.pugetsoundbirdfest.org/ for more details.

Cider Tasting SEPT 9-10

Try 100 artisanal ciders from the NW and around the world, eat fine food, and hear live music at Cider Summit Seattle outdoors at South Lake Union Discovery Center. Must be 21.

Visit the www.cidersummitnw.com/ for more details.

Ride Around the Sound SEPT 17

Ride Around The Sound to Bremerton has three starting points (Seattle, Tacoma, and Normandy Park) totaling 28, 73, or 92 miles.

For more information visit: http://action.lung.org/site/TR/-Bike/ALAMP_Mountain_Pacific?pg=entry&fr_id=13741 f.

Paddleboard Race SEPT 17

Watch stand-up paddle boarders race 13 miles around Mercer Island for \$10,000 in Round the Rock, which includes a 3.5 miler, a kids' race, retailers, and food at Newcastle Beach Park.

For details and information visit <http://roundtherock.com/>.

Lantern Parade SEPT 22

Celebrate the equinox with a fire performance and Luminata parade of lights that begins at Green Lake Small Craft Center.

Visit <http://fremontartscouncil.org/facevents/luminata/> for details.

Free Museum Day SEPT 24

Get a free ticket for two people to visit one of 30 Washington museums. For more information visit: www.smithsonianmag.com/museum-day/museum-day-live-2015/?no-ist.

Fishermen's Festival SEPT 24

Fisherman's Fall Festival offers seafood, live music, a beer garden, canal tours, contests, and kids' activities at Fishermen's Terminal.

Visit www.fishermensfallfestival.org/ for more details.

Oyster Run SEPT 25

The Oyster Run is a motorcycle rally in Downtown Anacortes. This event draws thousands of cycles of all makes and models.

Visit <http://oysterruninc.org/> for details.

Pioneer Festival and Quilt Show SEPT 26

See how pioneers lived and worked on a farm, and hear folk music at the Heritage Festival. The Quilt Show is the same day. Duvall.

Visit www.duvallhistoricalsociety.org/HeritageFestival.htm.



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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.

Thank you

FOR COMING OUT TO SEE US AT THE KIRKLAND CLASSIC CAR SHOW IN JULY!

A big **THANK YOU** to all of you who came out to see us at the Kirkland Classic Car show on July 31st!

We rolled out our fantastic new event booth and ran a contest for **TWO tickets to the Seahawks v. 49ers game** (these are Max's ALMOST 50 yard line season tickets). **Our winner was Katey Menke of Kirkland!**



Congrats Katey!

Shopping Tote Bag CONTEST WINNERS

Thank you for all of those who participated in our Shopping Tote bag contest. We have selected the winners who will receive a **JERSEY of their favorite Washington Sports team!**

And the winners are....

Adult category:
Cristi Thielman



Child category:
Alicia Campbell

Congratulations to the winners and thank you again to all who participated!



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