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Shelly's Recipe Corner
MaxPowerLaw VIP







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# DID YOU SERVE AT CAMP LEJUENE? THEN YOU MUST READ THIS!

If you or someone you love, lived or worked near the Marine Corps Base Camp Lejeune between 1953 and 1987 and suffered serious health problems, you may be entitled to significant compensation.

It's a devastating truth that service members, their families and civilian employees living at Camp Lejeune in North Carolina from 1953 to 1987 were drinking and bathing in water with toxic levels of cancer-causing chemicals. This unsafe drinking water contained concentrations of between 240 and 3,400 times higher than safety standards.

Some estimates suggest one million Marines, their families and civilian workers were exposed to trichloroethylene (TCE), perchloroethylene (PCE), benzene and vinyl chloride. All are known carcinogens (cancer-causing chemicals) and are extremely dangerous to human health, including unborn children.

CAMP LEJEUNE TOXIC WATER INJURIES Exposure to contaminated water at Camp Lejeune for as little as 30 days has produced devastating side effects in generations of people in the area. Side effects include multiple cancers, infertility, miscarriage, infant death and serious birth defects.

Please contact us immediately if you believe you were affected by the tragic mistakes that led to you or someone you care about suffering after living in the Camp Lejeune area.

#### Injuries and conditions include:

- · Adult Leukemia
- · Aplastic Anemia (or related)
- Bladder Cancer
- Breast Cancer
- Esophageal Cancer
- Female Infertility

- · Hepatic Steatosis
- Kidney Cancer
- Liver Cancer
- Lung Cancers
- Miscarriage
- Multiple Myeloma
- Neurobehavioral Effect
- Non-Hodgkin's Lymphoma
  Parkinson's Disease
- Renal Toxicity
- Scleroderma



#### OUR LAWYERS ARE HERE TO HELP

The Honoring Our Promise to Address Comprehensive Toxics (PACT) Act was passed on August 10, 2022. According to President Biden, the law will expand access to health care and disability benefits for veterans harmed by toxic exposure and is "the most significant law our nation has ever passed" to support veterans.

Now our team is here to stand against the disastrous handling of dangerous chemicals that led to the suffering of generations of Marines, their families and the entire support staff around Camp Lejeune. This health crisis is heartbreaking, and we want to help you get the compensation you deserve.

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Halloween is right around the corner! Shelly and I love Halloween so much we decorate more for Halloween than Christmas! There's nothing more fun than a Haunted House at Halloween. Here are our top picks:

### **GEORGETOWN MORGUE**

The Georgetown Morgue of Seattle is a facility for tragic stories of death. The morgue has a history of thousands of funeral preparations, cremations, and the processing of animal carcasses. The morgue holds what is considered to be the most horrifying unsolved crime in Seattle history. Nine of their staff were forced into the crematorium chamber. There were no surviving witnesses, nor were suspects ever identified. Go take a tour!

September 23 - November 5 | Thursday - Sunday

WWW.SEATTLEHAUNTS.COM

### NILE NIGHTMARES

Eight haunted attractions included for one price of admission. Located in Mountlake Terrace at Nile Golf Course on the weekend evenings 7-11pm. There are eight different themed areas to get your scare on tilt.

September 30 - October 30 | Friday - Sunday

WWW.NILENIGHTMARES.COM

# FRIGHTHOUSE STATION—THE PIERCE COUNTY ASYLUM HAUNTED HOUSE

The asylum and haunted house are a must-do for Halloween. Tacoma's Ultimate Haunted House in the dark underground where spirits walk, light fades and hopes dwindle.

September 30 - October 31 | Thursday - Sunday

WWW.TACOMAHAUNTS.COM

### NIGHTMARE ON 9

The Snohomish Slaughter & Rendering Plant was built in 1935 by the Thomas brothers, Sam and Dean. It was closed in 1975 when one of the brothers was tragically torn in half by one of the meat grinders. There is still speculation as to whether Sam tripped or was shoved to his gruesome death. What was left of his upper body was never found. Take a tour this Fall, if you dare.

October 1 - October 30 | Fridays - Sundays

WWW.THOMASFAMILYFARM.COM

## Oyster Run 2022 was Amazing!

The biggest Motorcycle Rally on the West Coast is the Oyster Run held in Anacortes, Washington the fourth Sunday of September each year. After a two year hiatus due to Covid, the event returned this year. A sunny day in the mid-seventies also helped the turn out greatly!

We have attended The Oyster Run with our MaxPower Law booth for years now. This year was the biggest we've ever seen. People are hungry to return to fun events they love. The event was full of motorcycles and visitors from 9:00am to about 3:00pm when folks started heading home.

It is estimated that over 30,000 people attended.

If you have never been and like motorcycles, this is THE motorcycle event of the year. There are over 100 vendors covering the better part of seven blocks on downtown Anacortes. We love to see everyone and talk to new friends that stop by our booth. Definitely mark your calendar for next year!



Anacortes, WA

www.oysterruninc.org.

# October Events

#### October 7 - 9 Crab & Seafood Festival

Dungeness Crab is the star here. Features food from 8 local restaurants, craft booths, live music and chili cook-off on Sunday. Port Angeles, WA. Free.

Visit www.crabfestival.org for details.

#### October 15 Bothell Underground Beer Festival

Who doesn't love a party in a parking garage to bring you back to your younger partying years! Craft breweries and live music from 1-6pm.

For tickets to the event and more information, visit www.bothellkenmorechamber.ejoinme.org/BothellBeerFestival.

#### October 20 - 23 Tacoma Holiday Gift Show

40th Annual way to get your holiday shopping off to a fast start. Over 500 vendors in the Tacoma Dome with many handmade and specialty items.

Visit www.holidaygiftshows.com for details.

#### October 29 Zombie Run

The Running Dead 5K has you dodge zombies or be a zombie at Centennial Trailhead at Machias Park in Snohomish, WA.

Visit www.facebook.com/events/223080873288399.



## Shelly's RECIPE CORNER

# SLOW COOKER POTATO SOUP

#### Ingredients:

- 2 pounds russet potatoes (about 8 medium), peeled and diced
- · 2 pound Yukon gold potatoes, peeled and diced
- · 4 ounces pancetta, cubed
- · 1 small onion, diced
- · 4 cloves garlic, chopped
- 2 quarts low-sodium chicken or vegetable broth



- 1 teaspoon kosher salt, plus more as needed
- 1/2 teaspoon dried thyme
- 1/4 teaspoon freshly ground black pepper, plus more as needed
- 1 (12-ounce) can evaporated milk
- 1/4 cup all-purpose flour

Fall is here, which to us means a nice comfort-style soup!

#### Directions:

Preheat the slow cooker on LOW. Before you begin peeling and chopping the vegetables, preheat a 6-quart or larger slow cooker on the LOW setting. This will help jump-start the cooking process.

Pile the vegetables into the slow cooker. Place the potatoes, pancetta, onion, and garlic in the slow cooker. Add the broth. Give the mixture a stir to combine.

Season and cook for 3 to 4 hours on HIGH, or 6 to 8 on LOW. Add the salt, thyme, and pepper and stir to combine. Cover and cook until the potatoes and onions are tender.

Thirty minutes before serving, thicken the soup. Before thickening the soup, taste and add more salt and pepper as needed. Whisk together the evaporated milk and flour in a small pitcher or measuring cup. Pour this slurry into the soup and stir to combine. Cover and cook until the soup thickens, about 30 minutes more.

Serving and holding the soup. Serve the soup with the topping options. If not serving immediately, turn your slow cooker to the warm setting for up to 1 1/2 hours. As the soup cools, some separation might occur, but it's nothing a stir won't remedy.





Camp Leiuene Our favorite holiday - Halloween! Oyster Run 2022 October Events Shelly's Recipe Corner MaxPower Law VIP











19515 NORTH CREEK PKWY, SUITE 204 BOTHELL, WA 98011 PHONE 425.276.7804 | FAX 425.485.2467 INFO@MAXPOWERLAW.COM | WWW.MAXPOWERLAW.COM

### DID YOU SERVE AT CAMP LEJUENE?

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#### CONTACT US NOW FOR A FREE. CONFIDENTIAL CASE EVALUATION

Victims and their families who spent as few as 30 days in or around North Carolina's Camp Lejeune - regardless of where they live now deserve compensation for the pain and heartache they've suffered. If you're considering exploring your legal options, know that you have friends at our law firm.

The PACT Act, and the included Camp Lejeune Justice Act of 2022, is the government's way of accepting responsibility for the mishandling of dangerous chemicals on the Camp Lejeune Marine Base that harmed countless veterans and their loved ones.

Contact us now at 425.276.7804 to learn how we can help you through the process of getting the compensation you've deserved for many, many years.



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