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June 2013 | Volume 4 | Issue 2

The STRAIGHTTALK

Dates
to
Remember

June 14th
Flag Day

June 16th
Father's Day

June 28th
Insurance
Awareness
Day

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The Mercer MESS

The weekend of May 25 and 26th marks the next in a long line of closures and problems with the South Lake Union and Mercer Street area. The time that weekend will be used to move the equipment into place that is going to be used in a two year, 95 million dollar project on the roads in the area. The aim is to widen the Mercer Underpass, and in addition to new two-way traffic capability, a bike lane and sidewalks will be added. During the project, a portion of Mercer Street will be reduced to two lanes. While it would obviously be best to avoid the area altogether, at least until this new connection between South Lake Union and Uptown, it's not always possible to route around traffic and construction zones. Here are a few tips for keeping yourself and others safe on the road:

1) Slow Down! In an area that is unfamiliar (or one that has been made unfamiliar by renovations) the best way to stay safe is to navigate carefully and slowly.

2) Watch Out for Pedestrians. Oftentimes, sidewalks around construction areas are blocked, so

some pedestrians will make risky decisions to get where they need to go. Be on the lookout for people in the street.

3) Obey Posted Signs and Signals. Don't assume that you will just be able to navigate through an area like you always have. The most warning you might get about a closed street or detour is a single sign. Be alert and aware to the changes around you.

4) Keep Your Windows Up. Debris and dirt can get kicked up on a construction zone, and you don't want to have to clean your car later!

5) Expect Delays. It's going to happen, and studies show that stress shortens your life! Put on some music and enjoy the most beautiful city in the world while you wait.



PLG *in the* Community

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Premier Law Group has started a Teacher of the Month program to honor exemplary local educators with a cash gift and pizza party for their classroom. If you have a nomination for Teacher of the Month, please email julia@plg-pllc.com! Here is a message from May's Teacher of the Month:

My name is Lindsay Thurston Bradley and I currently teach second grade at Maplewood Heights Elementary School in the Renton School District. I am passionate about education and believe it is the greatest public service and one of life's most thrilling endeavors. There is not a day that goes by that I neglect to remember how much I love what I do. In addition to working with my own classroom of twenty-three second graders, I also hold the position of SIOP Lead Teacher in my building, and work to educate and train staff on meeting the special needs of English language learners in our school and district. I am privileged to work in an amazing school that has received numerous achievement awards. I also recently received the Outstanding Educator Award for the 2012-2013 school year from the Washington State PTA and our PTA here at Maplewood Heights.

Many attorneys and staff here at Premier Law Group were proud to participate in Bellevue Breakfast Rotary Club's 7th Annual Bellevue 10k/5k. Some of the PLG kids also braved the rain to run in the Seattle Children's Kids Dash. The run benefited the Seattle Children's Autism Center, which aids in the assessment, treatment and support for children with autism, as well as Kinderling, which provides family centered services for disabled and vulnerable children. Our attorneys are passionate about being a part of the Bellevue community—if you are participating in a community event in our area, let us know and we may include your service in our next newsletter!





Road Tips for Your Road Trip

Road trips are a great way to see some of the lesser known wonders of our country—while seeing a lot more of your family in the process. The last thing you want is to be caught in an unfamiliar area with car troubles. Here are some ways to keep your trip going smoothly:

Coolant and tires: be sure that you know what the climate will be like

where you drive. If it will be much warmer or cooler than what your car is used to, you may need to make adjustments.

Electrical system: you should check the lights, horn and display before you leave. Since you'll need someone to help you check the brake lights, this is a great opportunity to get your child involved and talk to them about vehicle safety.

Roadside Emergency Kit: prepare an emergency kit (or buy one at the store) that includes water, oil, flares, jumper cables, a flashlight, paper towels and anything else you think might come in handy in the event of a breakdown. (You also might want to bring some games and books for breakdowns of the toddler variety.)

Ingredients

5 medium zucchini
1 lb lean ground turkey
2 cups broccoli, chopped
2 cups mushrooms, chopped
2 cups spinach, chopped
2 cloves garlic, minced
1 onion, diced
1 cup fresh basil, chopped
1 (25 oz) jar spaghetti sauce
2 cups low-fat cottage cheese
1 1/2 cups mozzarella cheese, shredded
Salt and pepper, to taste

Directions

Preheat oven to 425°. Line a cookie tray with parchment paper.

Slice zucchini into 1/8 inch slices, and arrange on cookie sheet. Bake at 425° for 5 minutes on each side. Remove from the oven and reduce the oven temperature to 375°.

Prepare the meat sauce in a large non-stick skillet. Cook meat until it's brown, then add the veggies, seasonings, and spaghetti sauce. Let simmer for approximately 10 minutes, stirring occasionally.

To assemble, spray 2 8x8 pans with olive oil. Layer the meat sauce, then zucchini slices, then cottage cheese, and repeat one time. Finish with another layer of meat sauce and zucchini, and sprinkle the cheese on top. In total, you will have 3 layers of meat sauce, 3 layers of zucchini, and 2 layers of cottage cheese.

Cover with tinfoil and bake at 375° for 50 minutes. Remove foil and bake for 10 more minutes, uncovered. Let sit for 10 minutes before serving for proper consistency.

Zesty Zucchini Lasagna



STAR TREK

or

**STAR
WARS**

The answer to each question in this month's trivia is either Star Trek or Star Wars, so test your sci-fi knowledge to win a Starbucks giftcard!

- 1) When an actress in this franchise wanted to abandon her role, Martin Luther King Jr. encouraged her to keep it because positive portrayals of African American women on television were so rare.
- 2) The creator of this franchise eschewed his normal fees in favor of merchandising rights, which seemed foolish at the time as the first film was expected to flop. Adjusted for inflation, that film remains the second highest grossing film of all time.
- 3) Collectively this franchise has spawned five television series, 12 movies and countless novels, comics and other media.

Email julia@plg-pllc.com with your answers to win a Starbucks Giftcard!



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3380 146th Place SE, STE 430
Bellevue, WA 98007
Phone: 206.285.1743
Fax: 206.599.6316

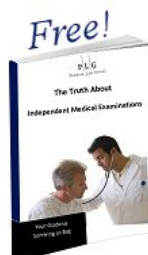
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