



LAW OFFICES OF
MATTHEW D. DUBIN

THE DUBIN DISPATCH

NEWS AND INFORMATION FROM THE LAW OFFICES OF MATTHEW D. DUBIN

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My Six Months in an Electric Car

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On October 20, 2012, I became the proud owner of a silver 2013 Ford Focus EV. In case you don't recognize the name, that's an all electric car – no gas tank, no oil, no internal combustion engine. Before bringing it home I had a level 2 240 volt charger installed at my house. Since that day, I've been to a gas station once, while driving my wife's car.

So why did I make the leap to electric and how have the first 6 months been?

First the why?

Of course, I try to be as green as I can. We are committed to recycling in the office, and we recently had 10 trees planted in a national forest. Driving an electric car, especially here in the Northwest where the bulk of our electricity comes from hydro, certainly supports my commitment to preserve a clean planet for my son.

But there are lots of ways to help support a clean environment. The most exciting thing for me about an electric car is that it's new and fun. I love hitting the gas (accelerator) and shooting ahead with the single speed transmission. I love pulling out of a parking space without making a sound. I love squeezing every last mile I can out of that battery and then trying to do better.

The bottom line is that I love new gadgets and I love to win. My Focus combines those two passions. It is a very new gadget (I haven't seen another one on the road) and it lets me compete with myself and with other drivers on Ford's social network to drive more efficiently.

I preordered my car almost a year before it was delivered and I haven't regretted it for a minute.

So how has it been?

In a word, fun! My round trip commute to work is 16 miles so I could drive as aggressively as I want. Despite this, while I love the pep and responsiveness of the car, I find myself always trying to cover the same mileage with less electricity than the last time.

For a while I was afraid that I'd get home and forget to plug it in, but that hasn't happened yet. Even if it did, the car gets about 75 miles on a full charge so I could easily get back to work the next morning, where they have 4 level 2 chargers in the garage. I'm covered.

As an added (and totally unexpected) benefit, I find myself driving safer. I accelerate and brake more gradually to save electricity, and as a result I am much less likely to be rear-ended or have to suddenly slam on my brakes. In my line of work, I am all too aware of the dangers of the road, and while I always try to drive defensively, I have no doubt that going electric has made me a better driver.



Certainly this car is not for everyone. Even a round trip to Federal Way can be scary with the limited range, and there's not a ton of storage space. But if you need a city car, enjoy driving and gadgets and like to be on the cutting edge, this car might be just what you're looking for. It certainly works for me.

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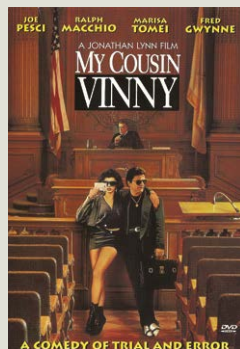
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Movies with Matt: Thursday, May 23, 6pm



Every three months or so, Matt Dubin and his team invite clients and friends to watch a movie related to the law and lawyers. This is a great opportunity to get to know your law office staff and discuss issues related to your claim or personal injury law in general. Matt will provide sushi and beverages, but attendees are encouraged to bring a dish or some drinks to add to the mix. The next Movie Night with Matt will be Thursday May 23 at the 12th Floor conference room of the 520 Pike Tower. The movie will be "My Cousin Vinny", the 1992 comedy starring Joe Pesci, Marisa Tomei and Ralph Maccio. Doors open at 6pm and the movie will begin at 6:30. Please call or email our office to RSVP. There's limited space, so please reserve your spot right away.



The Co-Parenting Challenge: Put Your Kids First

When parents don't live together, whatever the reason, raising kids is even more complicated than usual. "Co-parenting" adds an extra layer of challenge to the responsibility of caring for children, from getting them to and from school and soccer games to maintaining a consistent schedule and enforcing important family rules. Here's some advice for making the co-parenting relationship work to everyone's benefit:

- **Put your children first.** You and the other parent should agree to put your kids' needs ahead of any issues you may have with each other. Don't use a child as a pawn in your own relationship with an ex-spouse.
- **Plan together.** Try to avoid any unilateral decisions about your children. Sit down regularly to map out schedules and discuss upcoming issues. Negotiate in good faith who's responsible for what, shared rules, and boundaries.
- **Respect each other's rules.** You and your co-parent may have different ideas about behavior, schedules, expectations, etc. As long as your children are safe and given reasonable limits, don't rock the boat. Co-parenting relationships can be complicated for children, too, so avoid putting them in the middle of your disputes.
- **Maintain some distance.** Don't call your child repeatedly while he or she is at your co-parent's house. Resist the urge to pump children for information that's none of your business (an ex-spouse's new partner, for example), or comment negatively on the co-parent's personality.
- **Communicate directly.** Don't use your children as a conduit for messages to the other parent. If issues or questions come up, con-tact him or her directly. You'll suffer fewer misunderstandings, and you'll keep your children out of your personal issues.
- **Support your co-parent.** Let your children know that they're expected to follow the other parents' rules when they're with him or her. Speak respectfully about the co-parent, and insist that your children do the same.

Practice Open Communication to Avoid Money Problems

Family discussions about money can be stressful and difficult. But if you, your spouse, and the rest of your family take some time every once in a while to talk about your spending habits and your attitudes about money, you'll eliminate many unpleasant financial surprises in the long run.



Here are some tips for holding a profitable conversation:

- **Take a collaborative approach.** Include all family members in financial discussions. Let everyone express an opinion—including your children. Family members will be more supportive of decisions about spending if they feel their thoughts have been taken into consideration.
- **Identify the main issues.** Without casting blame, look at your major spending issues. Is too much money being spent in general, for example, or are you overspending in one specific area? Is your family spending too much money at the beginning of the month, leaving no funds for the end of the month?
- **Use "I" statements.** Avoid making accusations when discussing problems. For instance, you might want to say: "I get stressed out at the end of the month because we spend all our money in the first two weeks of the pay period. Is there anything we can do to avoid this situation?"
- **Be willing to negotiate.** Try to come to an agreement everyone can live with. For instance, a deal with your child might be: "Instead of cutting out movies altogether, let's say no more than two movies per pay period, and only one movie per weekend." When everyone gets part of what he or she wants, you'll all be happier.

Let Reading Help Your Child Thrive

What's the single most important thing parents can do to help their children succeed in life? Encourage them to read. Reading is a skill essential in all areas of achievement. Here are a few tips from the U.S. Department of Education's website:

- **Read aloud to your children often.** Start reading to your children when they are babies. As they grow older, encourage them to ask questions and to talk about the story. Ask them to predict what will come next.
- **Encourage your children to read on their own.** Children who spend at least 30 minutes a day reading for fun develop the skills to be better readers and students.
- **Set aside quiet time for family reading.** Some families enjoy reading aloud to each other, with each family member choosing a book, story, poem, or article to read to the others.
- **Visit the library often.** Begin making weekly trips to the library when your child is very young. See that your child gets his own library card as soon as possible.
- **Get help for your children if they have a reading problem.** Ask teachers about special services, such as after-school or summer reading programs. Also ask teachers or your local librarian for names of community organizations and local literacy volunteer groups that offer tutoring services.



Strengthen Your Memory For The Long Haul

Ever had a great idea that you forgot almost right away? Most of us have, and it can happen more often as we grow older. You can keep your memory strong at any age by following a few basic tips:

- **Get plenty of rest.** Lack of sleep can diminish your brain's ability to solve problems, think creatively, and form memories. A good night's sleep is essential.
- **Exercise.** Physical activity increases the flow of oxygen to your brain and keeps you healthy in other ways.
- **Socialize.** Stay in touch with friends. Good relationships are important to emotional health and mental processes, because they provide stimulation and laughter.
- **Minimize stress.** You may not be able to eliminate all unpleasant situations and activities from your life, but do your best to manage your reaction to them in emotionally healthy ways.
- **Eat the right food.** A nutritious diet can help you stay in shape mentally as well as physically. Foods with Omega-3 fatty acids may lower your risk of Alzheimer's disease, and fruits and vegetables supply antioxidants that are good for your brain.
- **Keep your brain active.** Spend more time reading and doing crosswords or Sudoku puzzles than watching TV. A good mental workout will keep your mind in shape to process and remember important information.

RECIPE OF THE MONTH: Layered Taco Dip

A great way to start with a recipe and then get creative

Ingredients (from top to bottom):

- Refried Beans - can be any type; I use a mix of Vegetarian and Jalapeno. 8x8 - 1 / 9x13 - 2
- Ground Beef: 8x8 - ½ package / 9x13 - 1 package
- Salsa - Safeway Select Southwest medium (or any kind you like)
- Pico De Mayo - homemade or store bought
- Sour Cream: 8x8 - reg size / 9x13 - large
- Sliced Black Olives: 8x8 - small can / 9x13 - 2 small cans
- Green Onions: 8x8 - 2 / 9x13 - 4
- Shredded Cheese; I use the four cheese Mexican blend, but you can use any kind or even grate it yourself.

Directions:

1. Start by cooking the hamburger: Lightly salt the pan and preheat, add hamburger and onion and/or garlic powder (I never measure, just use your discretion). Make sure it is POWDER and not onion or garlic SALT.
2. Cool the hamburger in the freezer for about twenty minutes or so.
3. Chop, slice and shred in the mean time (green onions, olives, cheese, etc).
4. Spoon the beans into the pan and smooth out into an even layer.
5. Repeat with the hamburger.
6. When adding the salsa, I am careful not to add too much, because it can overpower all of the other good stuff, and can make the texture wet and mushy.
7. If you have picky eaters, only put the Pico on half of a layer in the pan.
8. Add sour cream in an even layer.
9. Add the sliced olives and green onions.
10. Add shredded cheese as the top layer.
11. You can get creative with this and even add sliced avocado, guacamole, etc.
12. Serve with Tortilla chips or even right onto a Tortilla and make yourself an actual taco.
13. I like the Tostitos Artisan recipes Roasted Garlic and Black Bean, and Mission Artisan style tortillas - Wheat and Black Bean Blend.



Employee Spotlight on Catherine Rosales



My name is Catherine Rosales, and I was born in the Philippines and raised in Hawaii. I graduated from UW with a major

in Political Science and a minor in Law, Societies, and Justice. Shortly after graduating, I started at the Law Offices of Matthew D. Dubin. The most rewarding part of my job at the Law Offices of Matthew D. Dubin is knowing that we are making a difference in our clients' lives during a difficult time. In addition, I enjoy that no day is the same and that I'm constantly learning something new. When I'm not at the office, I love to cook and spend time with my family and friends and being adventurous. I went skydiving in Hawaii and jumped off a waterfall. The next item on my bucket list is to travel Asia, which is what I am doing this summer and after that would be to bungee jump and learn to surf. Though I love to travel, I believe that there's no other place on earth that I would rather be than in Seattle. Some people might not like the rainy weather, but to me it is perfect.

"There is only one thing that makes a dream impossible to achieve: the fear of failure."

—Paulo Coelho

Referrals We want you to think of us as your law firm. If you have a legal matter that needs attention, let us know. If we can't handle the matter, we will refer you to a firm that can. Please feel free to refer us to your friends and family for their legal needs. A referral from a former client or friend is the greatest compliment our firm can receive. We welcome the opportunity to help. Thank you!

Client's Bill of Rights

Lawyers will tell you that it is impossible to offer a guarantee in the legal business. WRONG! We say that law firm clients should settle for nothing less! Remember, your attorney works for you – not the other way around.

At the Law Offices of Matthew D. Dubin we confidently promise our clients quality service with personal attention. We believe that as our client you are entitled to have the:

1. Right to loyalty to you and your cause.
2. Right to be updated regularly and in a timely manner as to the progress of your case.
3. Right to our respect.
4. Right to expect competence from our firm and all who work here.
5. Right to know the truth about your case.
6. Right to prompt attention from us.
7. Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
8. Right to a fair written fee agreement with our firm.
9. Right to a fair fee for the work we do.
10. Right to make the ultimate decision on your case.

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NO BONES ABOUT IT: Keep Your Skeleton Strong as You Age

Bone health becomes more and more important as you age, especially because people reach their peak bone mass in their 30s and then gradually lose mass as time goes on. To keep your bones strong and avoid injury on the job (and at home), follow these tips:

- **Take your vitamins.** Calcium is essential to strong bones, and it's found in yogurt, cheese, milk, spinach, and other food, as well as in nutritional supplements. It works best when combined with vitamin D, which you can get from shrimp, fortified orange juice and cereal, egg yolks, and tuna, as well as in supplement form. Vitamin K, in addition, assists your body in producing the proteins necessary for healthy bones.
- **Exercise.** Physical fitness is a major component of good health in general, and weight-bearing exercises in particular (walking, running, climbing stairs, and lifting weights) can do a good job of keeping your bones healthier and stronger as you age, as well as reducing the risk of osteoporosis.
- **Limit cigarettes, coffee, and alcohol.** All three have negative effects on bone mass.



Like Us and Win!

During the month of May we will be selecting 12 people who have liked us on Facebook to be our “Fan of the Day” and win a \$50 gift card to AMC Theaters. All you have to do is like us and you are eligible to win. Winners will be selected randomly and nobody can win more than once. Check us out and maybe have a night out on us.



facebook.com/dubinlawoffice