



LAW OFFICES OF
MATTHEW D. DUBIN

THE DUBIN DISPATCH

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

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The Artists of the Law Offices of Matthew Dubin

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When you spend as much time in one place as we do in our offices, you want to make sure it’s a pleasant environment. Everything contributes to a comfortable and happy workplace – the furniture, the temperature, the view. Perhaps nothing is as important or as overlooked as the artwork in the office. Over the years, I have found that the right artwork can truly change the feel of a workspace – transforming it from a box with desks and computers to a living gallery that stimulates the mind and encourages creative thought, collaboration and a general feeling of well-being.

I thought it would be fun to introduce you to the art and the artists of our office. If you’ve visited us before, you may recognize some of these pieces. Some others may have missed your attention, but I’m certain that their presence affected your experience in our office.

Anatole Krasnyansky

Krasnyansky was born in Kiev, Ukraine in 1930, and grew up under the U.S.S.R. He emigrated to the United States in 1975, seeking more creative freedom. While his early



works focused on architectural structures and cityscapes, he progressed to a more abstract, almost surreal form with bright colors and masked figures. Karsnyansky’s work can be found at <http://www.parkwest-krasnyansky.com/>

The two Krasnyansky works in our office were purchased through Park West Gallery on a cruise several years ago. The large work, entitled “Phoenix” is a hand embellished serigraph produced in 1998. This work was hanging in the ships stairway, and we passed it every day. I loved it so much that on the final day of the cruise, I insisted that they add it to the art auction, and was able to purchase it along with the smaller piece. These works add life, movement and color to our office, and we all love them.

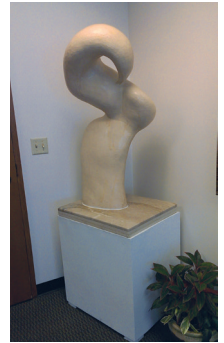
Ariela Boronat

Ariela is a Cuban-born artist, who has lived in the United States most of her life, and currently lives and works in Santa Fe, New Mexico. I actually met Ariela through my friend Hal, who is her son. Ariela uses color and light to create amazing natural images. When I saw her work, I knew I needed to have it in my office. Ariela’s work can be found at www.arielaboronat.com.

I sent Ariela photos of my office and the artwork we already had and she produced two original mixed media works that I immediately purchased. These works combine geometric blocks of earthtones with stark silhouettes of trees. I particularly love the one called “Sunset”, which incorporates the fiery reds and yellows of a sunset with the earthy trees and color blocks.

Elizabeth Blaufuss

Elizabeth is not only a talented ceramic artist and mixed-media sculptor, she is also my wife. Elizabeth studied ceramic arts at the University of Utah, and has produced and shown ceramic sculpture, pottery and fine jewelry. When I moved into my current office space in 2010, one of the first decisions I made was to show two of her sculptures in my office. These large abstract figural sculptures incorporate light and shadow, balance and tension, all while subtly suggesting the human form. Currently her sculptures cannot be seen online, but her jewelry can be seen at www.bluesculptor.com.



Abraham Dubin

The first artwork you might see when you enter our office is a large mixed media canvas created by my son Abraham shortly after his third birthday. The video of him creating this work can be found here: <http://ow.ly/nVFG3>.



Abraham has been painting since he was a small baby, and my wife has been encouraging me to hang one of his paintings in my office, but I never felt like one fit with the feel of this

office until this one. I was actually worried while he was painting it that he was going too far, but the end product was exquisite, and is a perfect fit for my reception area. I’ve seen many abstract paintings in many offices, and for my money, this is as good as any of them.

We have more artwork and plants scattered throughout the office to keep things lively and visually interesting, but these are just a few of my favorites. I hope when you visit our office, you’ll enjoy them as much as we do.

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Lift With Care—And With These Important Guidelines



Even if most of your “work” involves sitting at a desk, from time to time you’re going to be lifting and moving stuff around your workplace: maybe when you relocate to a new building, or a shipment of supplies shows up, or you help a coworker rearrange your space, or . . . the list could go on and on. Stay healthy and safe by following these rules:

- **Stand directly in front of the object.** Don’t twist or bend in order to reach the item you’re lifting.
- **Look for handholds.** If the object has handles or anything else that will aid your grasp, use them.
- **Plan your route.** Be sure you know where you’re headed before you start toting a heavy package through your workplace.
- **Lift correctly.** Plant your feet squarely at shoulder width, keep your back straight, and lift with your legs, not your back.
- **Hold it close.** Keep the object close to your body as you lift and walk to avoid losing your balance.
- **Walk slowly.** Take short, even steps. If you can’t see around your package, ask a co-worker to guide you.
- **Lower with care.** As with lifting, bend your legs and keep your back straight when you set the object down.

Slice Dollars Off Energy Bills

As fuel prices rise, saving money on energy has become more important than ever.

Here’s how to take a more frugal approach to your energy use:

- **Turn down the water temperature.** If you have to dilute your hot water with cold to prevent scalding yourself, adjust your water heater.
- **Insulate your electrical outlets.** This helps prevent a rush of cold air from flowing into the house. Most electric companies provide insulating foam pads.
- **Caulk your windows.** And when spring comes, take the caulking off and put it in a plastic bag to be used again. Cover extremely drafty windows with plastic sheets.
- **Use a heater jacket to insulate your hot water pipes and your water heaters.** Remember: only if you’ve got an older heater with no insulation of its own.
- **Wash your dishes correctly.** Fill the basin with hot water when you do your dishes. You’ll use less water and save on all that heat for water that would just go down the drain as you rinse.
- **Do not use the dry cycle on your dishwasher.** Open the door and let them air dry.
- **Let the air dry your clothes.** Dry your wash on a clothesline or a wooden drying stand in the bathroom.
- **Make full use of your oven.** While baking that casserole, slip in another dish you can freeze for later.
- **Vacuum the coils behind your refrigerator every four to six months.** This helps to cut electrical use and will cut down on the noise your refrigerator spews.



Help Grandparents Forge Bonds With Your Kids

Getting grandparents involved in children’s lives can sometimes be difficult. You’re busy, your kids are energetic, and grandparents may not know what to do. Here are a few steps you can take to forge tighter bonds between everyone:

- **Make your needs known.** Don’t make demands, but tell grandparents clearly how they can help you raise your children. What parent wouldn’t want to know how much they’re needed and wanted?
- **Make a clear commitment.** You’ve got to place a priority on the time your children and their grandparents spend together. That may mean agreeing to pool financial resources, especially if grandparents live far away. Try to establish a flexible schedule that ensures grandparents and grandkids get to see each other regularly.
- **Don’t hover.** Give grandchildren and their grandparents plenty of one-on-one time together. They need undivided attention to strengthen their ties.
- **Stay connected.** Ongoing contact will help relationships grow. Thanks to modern technology such as email and Skype, keeping in touch is easier than ever.



Be Ready When You Hear 'The Doctor Will See You Now'

A doctor's appointment can be frustrating: hours spent in the waiting room followed by just a few minutes actually talking to your physician. You can get the maximum benefit from your appointment with some basic preparations ahead of time:

- **Identify your symptoms.** If you're feeling ill, spend some time documenting the problem in specific terms: what hurts, how much, how long you've felt sick, anything that might have contributed to it, and so forth. This will help your doctor make a diagnosis more efficiently.
- **Bring your medical history.** On your smartphone, or just a piece of paper, keep track of such health-related items as previous illnesses, vaccinations, accidents, and allergies, as well as your family's medical history as far back as you can go. All of this gives doctors a better context for determining your condition.
- **List medications.** List all the medicines, vitamins, and supplements you take on a regular basis. Your doctor will need the information in case any of them might be causing unexpected side effects, and to avoid interactions if he or she prescribes any new medications for your condition.
- **Prepare questions.** Don't rely on your memory alone. Write down questions as they occur to you before the appointment so you don't forget any relevant details while talking with your doctor.
- **Take notes.** Again, you're better off writing down what your doctor says so nothing slips your mind later. Ask for a printed list of instructions to ensure you're interpreting his or her advice correctly.



Employee Spotlight on Shanna Chong

Hi! My name is Shanna Chong. I was born and raised in Honolulu, HI. I graduated from the University of Washington this year with a major in Political Science. Although I dearly miss my family back in Hawai'i, especially my younger sister, I have decided to stick around in Seattle for a bit longer and take up the position as a Legal Intern here at the Law Offices of Matthew Dubin. I am extremely grateful to be a part of this legal team. They are passionate about what they do and it inspires me to do the best I can with what ever task is handed to me. In my free time,



I enjoy spending time with my closest friends because they are the ones who make Seattle feel like home for me. My friends and I enjoy discovering small restaurants around Seattle and trying different cuisines. I am also a coffee addict and the Seattle weather makes my morning cup of coffee taste that much better. I have come around to appreciate Seattle's weather and I am happy to call this city my second home.

RECIPE OF THE MONTH: Beth's Avocado Chocolate Mousse

(recipe serves 2)

This recipe was originally provide by Blue Stiley of Shadow Fitness (www.shadowfitness.com) and modified by Beth Dubin.

Ingredients (from top to bottom):

- 1 Large Avocado
- 2 Tablespoons Cocoa Powder
- ¼ teaspoon Vanilla extract
- About 2 tablespoons agave
- A pinch of salt
- Fresh fruit

Directions:

Combine all ingredients in food processor and mix until creamy. Add a bit of almond milk for a thinner consistency. Adjust agave to taste. Garnish with sliced banana, berries or other fruit. It sounds bizarre, but it's a delicious and guilt-free way to satisfy that sweet tooth. Try it. You'll be surprised.



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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CHECK OUT OUR YOUTUBE CHANNEL:

We have begun a campaign to produce a series of educational videos to help our clients and their friends and families with common issues we see in the field of personal injury law and auto insurance coverage. Topics will include everything from what kind of insurance you should have, what to do after a car accident, and how to get your medical bills paid when you are a pedestrian who is hit by a car. Check out and subscribe to our channel and then like and share our videos. One of them just might help someone you care about.

You 



<http://www.youtube.com/user/InjuryLawSeattle>

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www.dubinlawoffice.com

AMERICAN ARTIST APPRECIATION MONTH

American Artist Appreciation Month. America has been the home to some of art history's most talented and celebrated artists, people like Georgia O'Keeffe, Norman Rockwell, Jeff Koons, Mary Cassatt, and many others. Take some time during August to visit a museum and rediscover your favorites—and find some new ones to admire.

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