



LAW OFFICES OF  
MATTHEW D. DUBIN

# THE DUBIN DISPATCH

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

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## That's Who We Are

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At least once a month we get a call from somebody who was injured in an accident, hired a lawyer and now wants to fire that lawyer and hire us. The most common reason these people give for wanting to fire their lawyer is **LACK OF COMMUNICATION**. These situations are always sensitive.

First, we're not really interested in stealing clients from other attorneys. Second, changing your lawyer mid-stream can have some adverse effects on a claim. We usually encourage the client to try to work things out with their existing lawyer, but if the relationship has already been irreparably harmed and the claim is sound, we will take on their case.

It is precisely our emphasis on the **RELATIONSHIP** with our clients that keeps them with us, coming back years after their original case with another legal matter and referring their friends and family to us with confidence that we will treat them with respect and dignity, listen to their concerns, empower them with information, and always keep the lines of communication open.

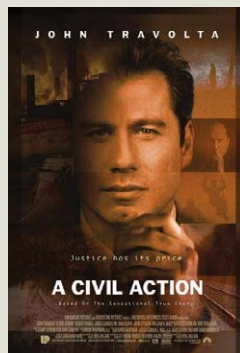
When a new client meets with us for the first time, we always tell them a few important things:

1. We understand that we work for you, not the other way around. We may ask you to do certain things to help move your case forward, but it is and will always be **YOUR CASE**.
2. We are committed to our client's satisfaction. If you are concerned about something we are doing, or not doing, we want to hear about it. That way we can either explain why we are doing things a certain way, or we can change it to meet your expectations.

3. If you are worrying about anything related to your case, your medical bills, the impact on your work or anything other than getting better and getting your life back to normal, then we're not doing our job. There are some problems we can't solve, but we know what to do and we want to try to take care of these issues so you can focus on recovering from your injuries and getting your life back on track.
4. You get to make the major decisions related to your case. We may make day to day tactical decisions about how to best advance your case, but we will **NEVER** accept or reject a settlement, file a lawsuit, or make any other major decision that affects your case without your consent. It's our job to make sure you have all of the necessary information to make the best decisions for you and your family. It's your right to make those decisions for yourself.
5. You always, always, always have a right to speak directly to your lawyer. If we can take your call immediately, we will do so. If we are in court, or working on another client's case, we've instructed all of our staff to make sure you get scheduled for a conference call with your lawyer within 24 hours of your call. This time will be set aside just for you, and you will get your lawyer's undivided attention.

Frankly, it's the relationships we develop with our clients that make what we do so fun and rewarding. If you have been our client in the past, we hope we made the aftermath of your accident a bit less traumatic. If you haven't had to use our services, we sincerely hope you will never need to. But if you or someone you know does get hurt in an accident, you can be sure that we will treat them with the same respect, courtesy and professionalism that we would expect ourselves. That's just who we are.

## Movie Night with Matt



Every few months, Matt Dubin and his team joins a select group of clients and friends to watch a movie related to personal injury law. 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. Refreshments are served, but attendees are encouraged to bring a dish or beverages to add to the mix. The next Movie Night with Matt will be Thursday, February 7 at the 12th floor conference room of the 520 Pike Tower. The movie will be "A Civil Action" the 1998 film starring John Travolta (as attorney Jan Schlichtmann) and Robert Duvall. Doors open at 6pm and the movie will begin at 6:30. Please call or email the office to RSVP. There is room for 20 attendees.



206/720-1501

520 Pike Street  
Suite 1425  
Seattle, WA 98101

Fax: 206/973-1783

www.  
**DubinLawOffice**  
.com

## Bus Safety Guidelines for Your Child

If your child rides a bus to school, you'll want to make sure he or she stays safe. Reinforce these safety tips from the Safekids.org website:

### WAITING FOR THE BUS

- Arrive at the stop at least five minutes before the bus arrives.
- Stay out of the street and avoid horseplay.
- Cross the street at least 10 feet (or 10 giant steps) in front of the bus. Maintain eye contact with the bus driver to get an "all clear" before moving out into the street. Look left, right, and left again while crossing the street. Many cars disregard school bus warning lights.

### BOARDING AND LEAVING THE BUS

- Walk in a single-file line.
- Use the handrail to avoid falls.
- Wait until the bus comes to a complete stop before approaching it.
- Exit from the front of the bus after it comes to a complete stop.
- Always wait for parents on the same side of the street as the school bus loading/unloading zone.
- Be aware of the driver's blind spot (10 feet all around the bus) when walking away from the bus.
- Remove loose drawstrings or ties on jackets and sweatshirts, and replace with Velcro, snaps or buttons. Loose drawstrings or book bags can snag on bus handrails.
- Always ask the bus driver for help if you drop anything while entering or exiting the bus.

### SITTING ON THE BUS

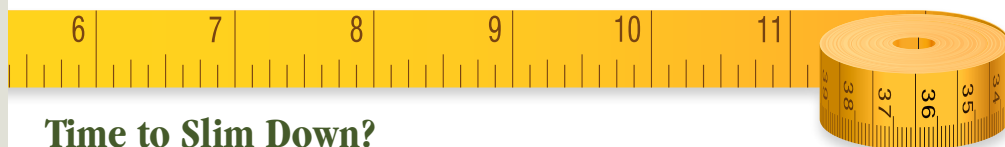
- Remain seated at all times, keep the aisles clear.
- Do not throw objects.
- Do not shout or distract the driver.
- Keep heads and arms inside the bus at all times



## Time for a Change? Consider these New Year's Resolutions

A new year is upon us again and it's not too late to make your resolutions. Here are a few resolutions you might consider for 2013:

- Set aside at least 15 minutes of quality time for yourself every day.
- Exercise at least three times a week for 30 minutes at a time.
- Learn from your prior stressful experiences and improve your stress-beating skills.
- Establish a personal journal to record positive events, quotes, and experiences.
- Take time to listen to good music.
- Read a good book, every month if possible.
- Laugh more, and try to see the funny side of life.
- Find a realistic balance between work and pleasure.
- Celebrate every day.



## Time to Slim Down? Try Incorporating these Tips into your Routine

The New Year is when lots of people resolve to start that diet and stick to it this time. Really.

It's going to take a certain amount of preparation and will power, but you can lose those 10 pounds (or 50) if you put your mind to it. To help yourself shed weight, follow some of this advice:

- Turn off the TV. Sitting in front of the television when you eat can result in your consuming up to 40 percent more calories than you would otherwise. Even if you're dining alone, eat at the table without distractions.
- Drink lots of water. Water fills you up, and it's good for you. If plain water is too blah, try adding a little lemon or lime to give it some flavor. Or mix up a pitcher of herbal iced tea.
- Add instead of subtracting. Don't obsess about what you can't eat. Rather, work on adding more fruits, vegetables, and other nutritious food to your diet so you'll stay full without consuming calorie- and fat-laden snacks.
- Limit portion size. You can still eat most of your favorite foods if you practice a little moderation. Educate yourself on what a real "serving size" is—it's usually smaller than you think. Supplement your main sources with salads, vegetable, fruit, and nuts—all in moderation.
- Take your time. Don't rush through your meals. Eating too fast can leave you feeling still hungry when you're finished, tempting you to eat more than you really need. Slow down, set your utensils down between each bite, and enjoy the flavors of what you're eating.

## Another Reason Not to Skip Your Workout: Brain Health

Exercise is good for your body, of course. But it may keep your brain healthy as well, especially as you grow older.

A study of more than 600 older people (average age 74) found that those who exercised three or more times a week for 30 minutes at a time were about 40 percent less likely to develop vascular dementia (associated with reduced flow of blood to the brain) than those who weren't as physically active.

Exercise didn't appear to have any impact on the subjects' risk of Alzheimer's disease, which is just one specific form of dementia, but those who did work out were generally less likely to develop difficulties with their thought processes.

It's a win/win situation, researchers say. Not only will regular exercise help you feel better as you age, but it may increase your chances of enjoying a long life with all your faculties intact.

## Happy Landings when you Fly with Kids: A Few Tips for a Quiet Trip

Every air traveler's worst nightmare seems to be getting stuck next to a screaming child for an eight-hour flight. But when you're that child's parent, the nightmare can be worse. You don't have to hold your breath and hope for the best. Here are some tips for flying with kids without alienating other passengers and losing your mind:

- Keep your expectations realistic. Air travel can be tough on children (as well as adults). Don't expect perfect behavior, and don't freak out if your child acts up. Stay calm so you can deal with whatever problems come up.
- Explain the procedures. Prepare children for what they're likely to encounter during the trip: crowds, delays, strangers, etc. Practice going through an airport screening line. They'll feel better knowing what to expect.
- Decide between direct vs. connecting flights. A direct flight eliminates the need to rush through strange airports lugging your bags and dragging your children to meet your next plane. On the other hand, a connecting flight can give your children a much-needed break. Decide which kind of trip suits your needs and your children best.
- Visit the doctor. Before your flight, check with your pediatrician to make sure your child isn't suffering from an ear infection that will make changes in cabin pressure painful.
- Schedule naps. If possible, pick a flight that coincides with your kids' sleep schedule. If they can take a nap at their usual time, or get a good night's sleep on a redeye, they'll be more refreshed and better behaved when you arrive.
- Dress for comfort. Choose clothes that kids can relax in. Dress in layers, as temperatures can fluctuate in airports and aboard planes. Pack an extra shirt per child in your carry-on in case of accidents.
- Bring games and snacks. Be sure to provide adequate books, games, and toys to occupy kids during the flight (and while you're waiting). Carry a few snacks so you don't have to rely on flight attendants or overpriced airport meals to feed hungry, cranky kids.
- Wait to disembark. Hold back when your plane lands. Getting into a long, slow-moving line may make kids impatient. Instead, let them play or relax until most of your fellow passengers are gone so you can leave comfortably.

## RECIPE OF THE MONTH: Pancit Bihon

*Traditional Filipino Cuisine provided by Catherine Rosales*

### Ingredients:

- 1 (12 oz) package Rice Vermicelli Noodles
- 2-3 teaspoons Vegetable Oil
- 1 medium Onion, thinly sliced
- 3-4 cloves Garlic, minced
- 2 Carrots, thinly sliced
- 1 Red bell pepper, thinly sliced
- ½ head Cabbage, thinly sliced
- 1 lb. Boneless, Skinless, chicken thighs (or chicken breast)
- 3 cups Chicken Broth
- 1/3 cup Oyster sauce (or soy sauce)
- 1 whole Lemon, cut into wedges
- 2 thinly sliced Green onions, for garnish

1. Placed the dried vermicelli noodles in a large bowl in warm water and let them soak for about 15 minutes, drain and set aside.
2. Heat the oil in a large pan (wok) and add garlic and onion. Stir-fry until onion turns translucent.
3. Add chicken and stir-fry until the chicken is fully cooked.
4. Add carrots and continue to stir-fry another 3-5 minutes until carrots are soft. Add cabbage and bell pepper and stir-fry for another 3-5 minutes until the cabbage is cooked.
5. Add the chicken broth, wait for it to simmer (about 2-3 minutes), add vermicelli noodles.
6. Add oyster sauce and salt and pepper to taste. If it is a little bland, I suggest adding more oyster sauce as opposed to salt. Constantly stir until dry.
7. Serve with lemon wedge and garnish with green onions.



## Employee Spotlight on Rebecca C. La Liberte



Hello! My name is Rebecca C. La Liberte and I am pleased to introduce myself as one of the attorneys at the Law Offices of Matthew D.

Dubin. After graduating from the University of Detroit Mercy School of Law I was fortunate enough to start my legal career at Matthew D. Dubin's firm and have been an attorney here for nearly three years in the heart of beautiful downtown Seattle. When I'm not in the office helping my clients and fighting with insurance companies you can find me rooting for the Huskies, traveling, and enjoying the sights and sounds of Seattle. I am also a recent newlywed and just purchased my first home. Since becoming a homeowner, I have attempted gardening and home remodeling. Both activities are good reminders of why I shouldn't quit my day job. Luckily, I love the work I do.

If I haven't had the pleasure of meeting or representing you, I hope I get to soon. Should you ever find yourself in a situation that requires the service of an attorney, I hope you choose the Law Offices of Matthew D. Dubin.

**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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Learn how your child learns, and you'll do a better job of helping him or her in school. Education experts say most children (and adults, for that matter) excel with one of these main styles:

- Visual learners learn best when they can see something, or picture it in their minds. They absorb more from reading a book themselves rather than having it read to them. Help them learn by using flash cards for spelling and math. Post a map of the United States with the state capitals highlighted, or make a timeline of important dates.
- Auditory learners learn best by listening and responding aloud. Read instructions and stories to them. Have them repeat spelling words aloud. Record their reading assignments and vocabulary lists so they can review them.
- Kinesthetic learners learn best by handling and touching things. They are more movement-oriented, and may have trouble keeping still. Have them read aloud while standing up, act out events from history, and draw diagrams for things worth remembering.

## Teen Drinking: Binging is Common

Binge drinking is apparently driving underage alcohol use, according to the National Survey on Drug Use and Health. According to government statistics, 9.7 million Americans age 20 and under drink alcohol regularly; 6.1 million drink five or more alcoholic beverages on a single occasion at least once a month, and 1.7 million binge on booze five times a month or more.

As for where their booze is coming from, the survey found that 21.4 percent get it from a parent or other adult family member, either at home (28.2 percent) or at someone else's house (57 percent).

## Simple Ideas for Inexpensive Fun

If you're resolving to save a little money in 2013, check out these simple tips for spending less this year:

- Rent a classic movie instead of going out to see a new release.
- Go on a picnic in the park instead of a meal in a restaurant.
- Visit museums on free days.  
(Most museums and other attractions have them from time to time.)
- Take a bike ride for relaxation and exercise.
- Pick your own fruit in the summer and fall for a fun outing – and to store for later.