



# MAX MEYERS LAW SPOKE & WHEEL



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## Sleep Awareness Week 10 Steps to Getting Better Sleep



Sleep Awareness Week will be held the week of March 14-20th. This annual event encourages the public to prioritize sleep as a way to improve your overall health and well-being.

**Avoid spicy, sugary, or heavy foods** 4 hours before bedtime. A light snack before bed is ok.

I don't know about you, but with the stress of the pandemic accumulating over the last several months I feel more tired than ever! It is important that we are taking time (especially right now with the pandemic) to get the rest our bodies need in order to continue to thrive.

**Keep your room well ventilated** and put the temperature to a comfortable setting for sleeping.

Studies have shown that having a stable sleep schedule (go to bed and wake up at the same time each day) actually helps improve the quality of sleep you receive. It is also shown to improve your mood, your physical performance, and academic achievement.



**Have a comfortable mattress** and bedding to sleep on.

**Eliminate as much light and noise** as possible.

Here are 10 recommendations from the World Sleep Society to help you get better sleep:

**Do not use your bed for work** or as an office... reserve your bed for sleep and downtime only.

If you are in the habit of taking naps, **do not exceed 45 minutes** of sleep during the daytime.



**Set a bedtime and an awakening time** and stick to it every day.

**Get regular exercise**, but not right before you go to bed.



**Avoid caffeine** 6 hours before bedtime (coffee, tea, sodas, and chocolate).

**Do not smoke or drink alcohol** 4 hours prior to going to bed.



Remember readers -  
Better sleep improves  
your overall health and well-being!



## FREE INSTANT DOWNLOAD

Discover the secrets insurance companies don't want you to know.

Get Max's book **The Ultimate Guide to Car Accident Cases in Washington: Car Accident Secrets Unlocked.**

Go to our website [www.WaCarAccident.com](http://www.WaCarAccident.com) to get your free download now or call **425.276.7804** to have a copy mailed to you.

# ST. PATRICK'S DAY IS WEDNESDAY MARCH 17TH!!



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MAY YOUR POCKETS BE HEAVY AND YOUR HEART BE LIGHT.

MAY GOOD LUCK PURSUE YOU EACH MORNING AND NIGHT.

- IRISH BLESSING



## Follow us on Facebook!

Check out our Facebook page for current news, including changes and updates you should be aware of before hitting the road.

## WHAT OUR CLIENTS ARE SAYING... FIVE STAR REVIEWS FROM MAX MEYERS LAW CLIENTS



"Max Meyers is an excellent attorney who really goes above and beyond for his client, I'd trust him with anything, do not hesitate to call him."

-Ted D.

"Process was smooth and they keep me informed and updated along the length of the my case! Everyone was really nice. Would definitely recommend this place."

-Denisha M.

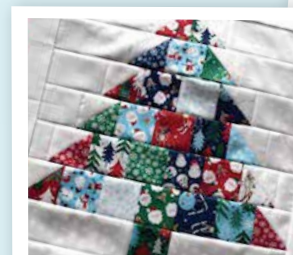
## National Quilting Day is MARCH 20TH

National Quilting Day honors and recognizes quilt makers all over the world. It is a day to appreciate the love, labor and skill that goes into each work of art. Some of the earliest quilts were made from patching together old clothing and worn blankets. Most of these early quilts were purely functional and did not have the creative and artful patterns that you see today. By the mid-18th century, more elaborate quilts were designed using sentimental pieces of clothing and fabrics, which were often passed down from mother to daughter.

Our very own Shelly Meyers is an avid quilter and enjoys making gifts for family and friends as a hobby. Check out these photos of some of her first masterpieces!

In honor of National Quilting Day, consider doing one of the following:

- Take a quilting class - you may just discover how much fun it is!
- Attend a quilt fair - help support local artists by purchasing a homemade quilt for someone you love.
- Visit a local quilt shop... buy some fabric and get started!
- Listen to a sewing or quilting podcast to learn more about the art form.
- If you know how to quilt, teach someone else.
- Check out Pinterest for quilting ideas and inspiration!





# How to Handle Tailgaters

Tailgating is a dangerous driver behavior that can quickly lead to a car accident. It almost seems as if there has been an increase in tailgating lately, most likely from distracted drivers looking at cell phones. If you've noticed the uptick in tailgating, here's some info on how to handle tailgaters.

## CHANGE LANES

The best solution to a tailgating driver is to change lanes. However, make sure you do so safely and not impulsively; preemptively changing lanes can be even more dangerous than tailgating as sometimes drivers may make last-minute decisions to swerve around you. Always look to make sure there isn't a car in your blind spot and signal prior to changing.

## DON'T TAP YOUR BRAKES

Brake tapping isn't the solution to tailgating for more reasons than one. First, brake tapping can decrease the distance between you and the vehicle behind you, increasing the chances of an accident. Second, tapping your brakes may be interpreted as a sign of aggression on your part, upsetting the other driver and leading to an incident of road rage.

## MANAGE YOUR MOOD

A tailgating driver can be a major frustration, and may cause you to get a bit flustered. While giving into your emotions and experiencing an episode of road rage yourself can be tempting, remember that you're in control. Take deep breaths, put on some great music,

and get away from the other driver as quickly as possible while remaining safe. Never use inappropriate hand gestures, yell at the other driver, or swear as doing so can put you in a dangerous situation.

## REPORT THE DRIVER

If the other driver is acting dangerously, aggressively, or in a manner that you think is unsafe, you should report the driver to the proper authorities. Before placing a call, make sure you're pulled over to a safe area of the roadway. If you believe that the driver is dangerous enough to warrant an emergency call, dial 911.

Otherwise, get the vehicle's information and fill out a driver evaluation request form through the Washington State Department of Licensing.

- Make
- Model
- License plate number
- Color

## CONSIDER INSTALLING DASH CAMERAS

More and more we see how dash cameras on the front and back of your vehicle can be the key evidence when an "accident" happens. Having a video of the other driver's behavior can be the only way to prove absolutely who's at-fault following an accident.

We see far too many times when the other driver flat out lies about what happened, and there are not other witnesses who stop to

help. This leads to a she said he said fight that rarely resolves with one driver being determined to be 100% at fault. Plus, the insurance companies are put in a huge bind and often deny claims you make against the other driver in situations like this. That's why installing video cameras on the front and rear of your car is good idea these days.



## TAKE LEGAL ACTION

If another driver's tailgating leads to an accident, you can file a claim for damages. To make sure that you get a fair settlement amount and all the money you need to pay for any harm sustained, call an attorney. At **Max Meyers Law PLLC**, our legal team is ready to work with you to get your claim resolved fast!

For a free consultation, call our offices at **425-276-7804**.

## Shelly's RECIPE CORNER

# CRANBERRY COCONUT GRANOLA

Add this granola to yogurt for an easy grab and go breakfast. Simple to make and easy to store the extra in a Ziploc or Tupperware container for later!

### Ingredients:

- 5 cups old fashioned oats
- 1 cup almonds, chopped
- 1½ cups sweetened coconut flakes
- 1 - 1½ cups sweetened dried cranberries
- 1 tsp cinnamon powder
- 1/8 tsp salt
- 1 tsp vanilla extract
- 1 tbsp coconut extract
- ½ cup coconut oil or vegetable oil (I used canola oil)
- 1 cup maple syrup

### Directions:

Preheat oven to 300F.

In a big bowl, mix oats, almonds, 1 cup coconut flakes. Stir and add cinnamon powder, salt.

In another bowl, mix coconut extract, vanilla extract, oil, and maple syrup, and add to the dry mix. Stir everything until everything is wet and fully coated with the wet mix.

On a large, lined baking sheet, place the mixture by spreading it evenly. Bake at 300F for 45-50 minutes, stirring it every 15 minutes until it's all golden.

Let it rest and cool to room temperature. Mix the remaining coconut and cranberries and stir. Once completely cooled, store in an airtight jar.



**DON'T FORGET!**  
DAYLIGHT SAVINGS BEGINS  
AT 2:00 AM ON  
SUNDAY, MARCH 14TH.  
• MOVE YOUR CLOCK FORWARD ONE HOUR •





MAX MEYERS LAW<sup>PLC</sup>

Where Accident Victims Get Help



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11714 NORTH CREEK PKWY N, SUITE 125 BOTHELL, WA 98011  
 PHONE 425.276.7804 | FAX 425.739.6550  
 INFO@MAXMEYERSLAW.COM | WWW.MAXMEYERSLAW.COM

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# Max Meyers Law VIP Program

**BECOME A VIP  
MEMBER TODAY!**

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