



MAX MEYERS LAW **SPOKE & WHEEL**



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Laughter is the Best Medicine!

Coming out of covid many news articles I read all say we are still suffering much of the mental and emotional stress from the last two years. The power of a positive mental attitude can make a big difference in your physical well-being as well. I highly recommend getting together with friends and having some laughs as a great way to try to come out of the covid funk we've all been experiencing.

THE BENEFITS OF LAUGHTER

Have you ever heard the term "laughter is the best medicine?" Well, researchers say there is truth to that! As kids, it wasn't uncommon for us to laugh many times a day, but as an adult, life tends to be more serious and we find ourselves laughing a lot less. You can improve your overall health by seeking out humor and laughter.

Why is laughter such a good medicine for the mind and body? **Here are 6 scientific ways a good laugh has been shown to improve your health:**

It lightens anger's heavy load. It's amazing how much better a laugh can make us feel, especially if it is totally out of the blue! Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

It boosts the immune system. Negative stress causes chemical reactions in your body that decrease your immunity, making it more likely you will get sick. A good laugh fuels your immune system with disease-fighting powers that will help you stay healthy and energetic.

It triggers the release of endorphins. These are the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

It burns calories. OK, so it's no replacement

for going to the gym, but laughter could offer a small assist to your fitness plan. Laughing raises your heart rate and caloric expenditure, resulting in about 10-40 calories burned over 15 minutes of laughter!

It protects the heart. Laughter reduces blood pressure and improves blood flow, which will in turn reduce your odds of suffering a stroke or heart attack.



It may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those who were battling cancer.

Laughter could be considered "the best medicine" because it is fun, free, and easy to use! Here are a few simple ways you can incorporate more laughter into your daily life:

- Seek out funny people
- Make someone else laugh by sharing a good joke or a funny story

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FREE INSTANT DOWNLOAD

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

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

Go to our website www.WashingtonMotorcycle-Book.com to get your free download now or call **425.276.7804** to have a copy mailed to you.

Laughter is the Best Medicine!

- Reminisce with an old friend – that is sure to bring back funny memories!
- Check out a local comedy club
- Goof around with children
- Watch your favorite comedy, tv show, funny movie, or YouTube video... Netflix has some good choices!
- Read the funny pages
- Host game night with friends
- Do something silly that you wouldn't normally do
- Play with a pet
- Go to a "laughter yoga" class... yes... there is such a thing!
- Check out your bookstore's humor section
- Make time for fun activities (e.g. karaoke, bowling, miniature golf)

CHOOSE TO LAUGH EACH DAY!

Thank you!

FOR YOUR REFERRALS!!

Referrals from family, friends, and clients are the highest compliment we can receive. We thank you for trusting us with your closest friends and loved ones.

This month, we want to recognize the following friend for their referral:

• Donald Roten •



HAPPY
Mother's Day

We at Max Meyers Law wish all the Moms the Happiest of Mother's Day. As we all know, mothers are the glue in the family and often our personal lives. They do so much for their children that goes unnoticed and unacknowledged. Take a moment and let your Mom know how much she is loved and appreciated!!

MAY EVENTS

May 15 Sky Valley ABATE Motorcycle Show

The great Motorcycle Show in Snohomish, WA. Tons of cool bikes to see and lots of vendors, plus live music. We attend each year with the MaxPower Law booth, so come on by and say Hi!

Visit www.skyvalleyabate.com/motorcycle-show-1 for details.

May 20 - 22 Viking Festival

Viking Gest celebrates Scandinavian heritage in Poulsbo with a parade, carnival, music, food and competitions.

Visit www.vikingfest.org for details.

May 21 Bothell Block Party & Brewfest

21 Breweries, 6 Live Bands, 5 Wineries or Cideries, & 6 Food Trucks. If that's not a party, I'm not sure what is! A little sun and it'll be an amazing day. 3 - 8 pm. \$45

Visit www.uwb.edu/alumni/events/bothell-block-party.

May 27 - 30 Northwest Folklife Festival - 51st Annual

One of Seattle's oldest festivals returns! Three days of live music, artists and performances. Tons of vendors, from food to goods. Vaccine required to attend in person.

Visit www.nwfolklife.org for details.



Lots of Semi-Truck Accidents in the News Lately!

The news lately seems to have a higher than normal amount of reports on serious injury semitruck accidents. As is fairly obvious, semi-trucks are much more dangerous than cars or motorcycles. Semi-trucks often weigh over 50,000 lbs when carrying a load. This much weight makes semi-trucks hard to stop and when collisions occur the results are often severe.

Catastrophic truck accidents can leave motorists with serious, life-changing injuries. If you've been involved in a semi-truck crash through no fault of your own and suffered injuries because of it, you should call us immediately. Trucking companies and their insurance companies start working against injury victims immediately. So you must as well or risk losing critical evidence for your injury case.



Many accident victims assume this compensation will kick in automatically. The last thing most people want to deal with after a wreck is complicated legal matters. The reality is,

though, that compensation is far from guaranteed. Insurance companies will do everything in their power to avoid paying out expensive accident claims. That's where an experienced truck accident lawyer can make a world of difference.

Truck accidents are far more likely to result in serious injuries and fatalities than other types of wrecks. That's because trucks travel at fast speeds and weigh far more than the average vehicle on the road. Weight and size both play major factors in truck accidents—especially when a semi collides with a smaller car. The results are often catastrophic.

LIABILITY FOR TRUCK ACCIDENTS

Determining liability in truck crashes can be complicated. Depending on the circumstances that led to the incident, the truck driver, trucking company, or manufacturer of the truck could all be held responsible. It often boils down to the evidence recovered in the initial accident investigation. A lawsuit involving a truck driver falling asleep at the wheel looks very different from one that holds negligent trucking companies responsible for not adequately maintaining their fleet of vehicles. Factors in truck accidents frequently include:

- Excess speed
- Improper lane changes
- Drowsy driving
- Drunk driving
- Drugged driving
- Distracted driving

- Tailgating
- Reckless driving
- Improper hiring practices
- Inadequate training
- Negligent service and repair work

These are just a few of the most common contributing factors, but every accident is different. An experienced attorney can help investigate your incident and hold the responsible parties liable.



LIFE AFTER A TRUCK ACCIDENT INJURY

For many victims of a truck accident injury, life looks very different post-accident. Some people struggle to perform their duties at work, jeopardizing their income and overall lifestyle. Others suffer from significant mental health issues and need extensive counseling to help them cope.

While nothing can turn back the clock and undo the damage caused by the accident, a settlement can help offset the financial costs

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Shelly's RECIPE CORNER

Chocolate Caramel Tahini Chex Bars



Photo and recipe courtesy of ambitiouskitchen.com

Wet Ingredients:

- 3/4 cup drippy tahini
- 1/3 cup pure maple syrup
- 1 tablespoon coconut oil (or sub vegan butter)
- 1 teaspoon vanilla

Dry ingredients:

- 3 1/2 cups rice chex
- 3/4 cup Enjoy Life chocolate chips
- 2 teaspoons coconut oil (or sub vegan butter)

Directions:

Step 1

Line an 8x8 inch pan with parchment paper. Place a medium pot over low heat and add in tahini, coconut oil, maple syrup and vanilla extract. Mix until smooth and well combined, about 1 minute. Alternatively, you can microwave this mixture for 45-60 seconds.

Step 2

Pour your wet ingredients over your chex cereal and stir until combined and cereal is completely coated. Pour into prepared pan, and use a spatula to flatten the top so it is even.

Step 3

Next make the chocolate topping by adding Enjoy Life Chocolate Chips and coconut oil to a microwave safe bowl. Microwave on high in 30 second intervals, stirring in-between, until chocolate is completely melted. You can also melt the chocolate in a small saucepan over very low heat if you prefer.

Step 4

Pour melted chocolate over the bars and tilt your pan to spread out the chocolate evenly. Place pan in the refrigerator for 30 minutes or until bars are completely cool and chocolate is melted. Sprinkle bars with fancy sea salt, then cut into 16 bars. Enjoy!

Step 5

Bars should be kept covered in the fridge and will stay good for up to 1 week. Take bars out 10 minutes before you are ready to serve to ensure they aren't too crunchy! They soften up at room temperature.



MAX MEYERS LAW^{PLLC}

Where Accident Victims Get Help



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This newsletter is intended to educate the general public about personal injury, insurance claims and small business issues. It is not intended as legal advice. Every case is different. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

Lots of Semi-Truck Accidents in the News Lately!

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associated with the wreck. By seeking financial damages for your injuries, you hold negligent truck drivers and their employers liable for the impact they've had on your life. A settlement can include damages like:

- Medical expenses
- Pharmacy costs
- Ambulance rides
- Ongoing physical therapy
- Counseling sessions
- Lost wages
- Loss of consortium
- Pain and suffering
- Other out-of-pocket expenses

These are just a few of the damages you can seek in a truck accident lawsuit. In most cases, these lawsuits never go to trial. Instead, they're worked out via negotiation. Seeking

fair compensation without the help of an attorney can be an uphill battle. If you've been hurt in a truck accident, you'll want an experienced advocate fighting for your best interests.

GET THE COMPENSATION THAT YOU DESERVE

An experienced truck accident attorney can help you understand the complexities associated with your case and ensure you get the compensation you deserve. Allow the team at Max Meyers Law to properly value your claim, negotiate with the insurance company, and, if necessary, pursue the largest settlement possible in court.

Contact our offices to schedule a free, no obligation consultation, or give us a call at **425.276.7804**.

WHAT CLIENTS ARE SAYING ABOUT THE MML TEAM!

"I was cut off by a car while riding my motorcycle. Other party involved initially accepted fault until insurance companies got involved then denied all involvement.

I called Max at that point which is the best call I've ever made. Max and his team are amazing. Shout out to Shelly. His team handled everything for me. Were incredibly responsive to all questions and concerns I had and were able to negotiate my behalf the best possible outcome.

Where as I hope I'm never involved in a situation like this again, if I am, I have Max saved on speed dial. Also max gave me something to keep with my riding gear that explains exactly what to do in case of a future accident.

Thanks again Max and team. Highly recommend."

- Dan Zickler



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