



MAX MEYERS LAW SPOKE & WHEEL



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WE ARE HAPPY TO SEE YOU GO 2020!!

by Max Meyers

It goes without saying 2020 has been a year like no other! Our team at Max Meyers Law has weathered the craziness of this year well in no small part thanks to all of you. COVID caused a bit of a hiccup in our small business just like all others. But because we have so many fans who recommend us to their friends and family, we are doing about the same as last year. Given the COVID craziness, that is actually a huge win!! **We have you (our readers and folks who refer us to others) to say a big THANK YOU to. Your trust in recommending your friends and family to us is a source of great pride for our Team!**

Early in 2020, before COVID hit, our MML Team grew with the addition of two new team members. They have helped us continue on our mission to provide great service and a personal connection with your legal team. That is what we are about at Max Meyers Law and will forever continue to be about.

The court systems in Washington basically shut down for 6 months due to COVID. We have just recently seen the court systems beginning to hold jury trials via zoom video conference. As a lawyer, I can tell you this is a brave new world of tech for the legal field. The court systems, in my experience, are super slow to adopt tech changes to trials, but COVID has changed all that. It seems to be working fairly well and will continue through at least 2021 in my estimation.

We were able to keep most of our clients' cases moving, but at a much slower pace. Insurance companies used the COVID slow down as a great excuse to lowball settlement negotiations, really disgusting! **We are hoping next year sees the court system pick up speed in processing cases through jury trials.** One positive for accident victims I have been seeing from lawyer friends who have completed zoom trials is that people on juries seem to understand the impact of not being healthy due to injury or sickness, which has translated into fairer compensation for accident victims.

Obviously, there was a contentious Presidential election. Don't get me started on politics, it is not my cup of tea. I'm simply happy to move on into 2021 and see what happens.

Looking forward into 2021, COVID is still here and likely will be for the entire year. People will continue to work remotely. We're in another stay home order, but this time with a vaccine on the horizon. Let's pray the vaccine comes through sooner than later and is rolled out to everyone as quickly as possible.

As you all know we handle vehicle related accident cases. We saw a lot more high-speed impact accidents when the roads had less traffic. People were driving around like race car drivers. I expect this will continue in 2021 to some degree. Motorcycle accidents saw record numbers of fatal accidents as a result of this. Distracted driving also continues to be a big issue. I swear the smart phone was the worst thing ever for drivers. Collision impact speeds will continue to be higher as a result. It's more common now to suffer severe injuries in accidents, especially concussions.

The three best pieces of advice I can give is to slow down, don't use your phone while driving, and make sure your own auto or motorcycle insurance has at least \$300,000 in Underinsured Motorist (UIM) coverage. The biggest problem in accidents with bad injuries continues to be that the at-fault driver in an accident often has too little insurance to cover all the damages suffered by our clients. UIM picks up the pieces when this happens. Protect yourself and your family with good UIM coverage!

I WISH YOU ALL THE BEST AND MAY YOUR HOLIDAY SEASON BRING YOU MANY BLESSINGS!

-Max

Journaling

THIS HOLIDAY SEASON

by Dawn Husmoe

Wow... what a year 2020 has been! I don't know about you all, but this year has brought a rollercoaster of emotions for me to process. As many of you know, I have two boys (a 9-year-old and a 7-year-old) who have been doing virtual learning since the end of August. It feels like some days are great, while the next day it is all I can do to just get through the day without a total breakdown. Some days I feel like I have all of the emotions!!!

With the holiday season right around the corner, I have really been feeling the stress and sadness of what "Christmas with COVID" will look like for our family this year. A friend of mine suggested that I start writing in a journal to help manage my feelings and remind myself of all the things in life to be grateful for this time of year. I started journaling each morning right after I wake up and it has helped me to keep life in perspective during this crazy time. If you have never journaled before, I highly recommend it!

Here are some tips and ideas I hope that you find useful in utilizing your journal during the holiday season:

Keep calm

This time of the year can be stressful for a lot of people due to holiday activities and expectations. Studies



have shown that journaling can help reduce stress levels by decreasing its impact on your overall health. Grab a pen and paper and write about your stressors. This will help you release the stress, so it doesn't wreak havoc on your mind, body, and spirit.

Practice gratitude

The holidays can create a consumerism mentality making people feel pressed to spend a lot of money on gifts and often times going into debt to do so. Journaling can remind you to focus and express gratitude for what you do have and not over the latest new gadget the commercials are telling you to buy. Create a gratitude list that highlights the things, people, and experiences that money cannot buy... like a smile from a loved one or the first snowfall of the season.



Capture special moments

The holidays are a time of celebration; an opportunity to create rare and special moments with friends and family. Get creative this year with social distancing

and write down those memories and include the feelings you experienced as those moments were happening. Your journal will hold a permanent record of the holiday memories you make.

Stay connected to the reason for the season.

It is easy to forget why we celebrate the holidays due to the big emphasis on spending money. For many, the holidays are a time for religious celebrations tied to customs and traditions. A journal helps you to remain mindful of why you celebrate and the importance of your faith during the holidays. If you don't participate in a religion, you can still use your journal to remain mindful of what this time of year means to you.

Be silent

In the middle of the hustle and bustle of the season, it is important to make sure you have time for yourself. Making journal writing a priority during the holidays is an act of selfcare. Schedule 5-20 minutes each day of uninterrupted time to connect your thoughts to your feelings and to simply create a space for silence to exist.

Develop a New Year mindset

Many people wait until the new year to begin identifying goals and intentions. But why wait? Use the last days of December to create your intentions and plan for the new year. Be descriptive and include what you want to do, have, experience and feel.



Practice forgiveness

Unresolved issues among family and friends keep many people apart during the holidays. Sometimes resolving these issues requires forgiveness. Journaling offers you the opportunity to work towards forgiveness, a process that can take some time. Use your journal to work through the issues, your feelings about the person needing forgiveness and its role in your own healing.

Gain clarity

This time of year can come with expectations placed on you by other people. Use your journal to identify what you would like to do this holiday season and why. Try not to get caught up in the expectations of others (especially this year with the pandemic). Take the steps to have the type of holiday that you really want.

*Wishing you all a safe,
healthy and
happy Holiday season!*

WHAT OUR CLIENTS ARE SAYING...



"... a good human being first and foremost."

I was referred to attorney, Max Meyers 12 years ago when my husband died and I was involved in an ugly probate. Max is a personal injury lawyer, not a probate/estate lawyer, but as my friend, who referred me to him said, "he is a good human being first and foremost." And that is exactly how I would describe my experience with him.

Although, he never represented me legally, I sought his advice again when my dad got into a car accident this month. He explained to me how the legal system works, how things may play out, and potential cost. Max tells it like it is; no confusing legalese. He makes you feel comfortable. For my family, talking to him today, we feel closer to achieving justice for our case. Thank you, Max Meyers. You truly are a good human being first and foremost.

- Katherine Min



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SAFE WINTER DRIVING TIPS

Seattle winters are generally mild, but when the temperature falls below 32 degrees road conditions often deteriorate quickly. Knowing how to drive in snow -- or scarier yet, icy conditions -- is vital to get where you need to go. These safe winter driving tips will help you keep the happy in holidays.

MAINTAIN YOUR CAR FOR WINTER DRIVING

You are probably aware that you should have your fluid levels checked before winter arrives to make sure your antifreeze and oil are at the proper level. Ask your mechanic to check your tire tread as well. Having the proper tire tread can also prevent hydroplaning in rainy, wet conditions.

The relatively mild Seattle winters do not call for the same antifreeze-to-water ratio or the same oil weight as the frigid cold of the mountains. If you are planning to cross Snoqualmie Pass or travel to other areas in the Cascades during the coldest months, be sure to tell your mechanic.

CHOOSE THE RIGHT TIRES

The majority of Seattle drivers should choose an all-season tire. If you make frequent trips into the mountains, you will need to look for a tire that is mud and snow rated. These tires are often required in the passes, depending on the weather conditions. In some cases, 2WD cars will also be required to have cable chains.

PLAN YOUR TRIPS CAREFULLY IF THERE IS A POSSIBILITY OF WINTER WEATHER

Even if you drive safe in winter weather, many other area drivers do not. The safest thing to do is stay home when it snows in Seattle. If you must drive, though, being prepared is key. This includes:

- Planning your route to avoid problem areas
- Leaving early
- Letting friends or family know your planned route
- Making sure your cell phone is charged
- Packing a flashlight, jumper cables, and a shovel
- Considering taking a blanket, food, and water for longer trips
- Traveling with a bag of sand or kitty litter in case you get stuck



TAKE PRECAUTIONS WHEN DRIVING IN ICY CONDITIONS

Driving in wintery weather requires different

techniques than dry conditions. When driving in snow or ice:

- Never slam on the brakes
- Lift from the accelerator gently
- Avoid any sudden turns
- Remember that stopping distance is much greater than on dry roads
- Do not use cruise control
- Look and steer in the direction you want to go

Driving when you are tired or distracted can be dangerous in any situation, but especially when road conditions are poor.

KNOW WHAT TO DO IN AN EMERGENCY

If you are involved in an accident or have a mechanical issue, it is important to know what to do.

- Do not overexert yourself; working up a sweat will only make you colder.
- If you need to run your car for warmth, check to make sure the exhaust pipe is cleared first. Then, idle only for as long as it takes to get warm.
- At night, leaving your dome light on will use little battery but can help rescuers spot your vehicle.
- Bright fabric or other material tied to your antenna or hung out a window can help signal rescuers in the daytime.

Always remember to wear your seatbelt and never drink and drive. Car accident attorney Max Meyers represents clients who have suffered injuries in a Washington state auto accident in winter weather conditions. Call us today at **425-276-7804** to learn more.

Shelly's RECIPE CORNER

KETO LOW CARB

Chicken Pot Pie

My friend Karen sent me this recipe and I wanted to share it with our newsletter readers.

Ingredients:

For the Chicken Pot Pie Filling:

- 2 tablespoons of butter
- 1/2 cup mixed veggies could also substitute green beans or broccoli
- 1/4 small onion diced
- 1/4 tsp pink salt
- 1/4 tsp pepper
- 2 garlic cloves minced
- 3/4 cup heavy whipping cream
- 1 cup chicken broth
- 1 tsp poultry seasoning
- 1/4 tsp rosemary
- pinch thyme
- 2 1/2 cups cooked chicken diced
- 1/4 tsp Xanthan Gum

For the crust:

- 4 1/2 tablespoons of butter melted and cooled
- 1/3 cup coconut flour
- 2 tablespoons full fat sour cream
- 4 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 1 cup mild cheddar cheese, grated
- 1/3 cup Mozzarella Cheese, grated
- 1 1/2 tsp parsley (sprinkle on top)

Directions:

Cook 1 to 1 1/2 lbs chicken in the slow cooker for 3 hours on high or 6 hours on low.

Preheat oven to 400 degrees.

Sautee onion, mixed veggies, garlic cloves, salt, and pepper in 2 tablespoons butter in an oven safe skillet for approx 5 min or until onions are translucent.

Add heavy whipping cream, chicken broth, poultry seasoning, thyme, and rosemary.

Sprinkle Xanthan Gum on top and simmer for 5 minutes so that the sauce thickens. Make sure to simmer covered as the liquid will evaporate otherwise. You need a lot of liquid for this recipe, otherwise, it will be dry.

Add diced chicken.

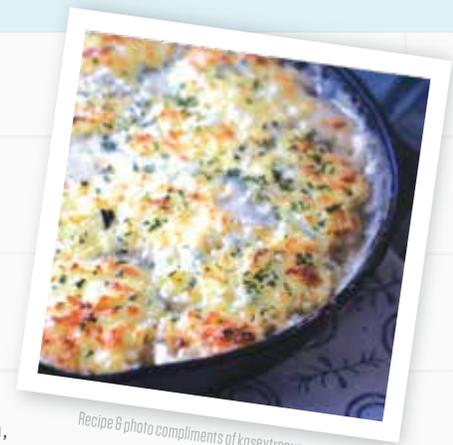
Make the breading by combining melted butter (I cool mine by popping the bowl in the fridge for 5 min), eggs, salt, and sour cream in a bowl then whisk together.

Add coconut flour and baking powder to the mixture and stir until combined. Stir in cheese.

Drop batter by dollops on top of the chicken pot pie. Do not spread it out, as the coconut flour will absorb too much of the liquid.

Bake in a 400-degree oven for 15-20 min.

Set oven to broil and move chicken pot pie to top shelf. Broil for 1-2 minutes until bread topping is nicely browned. Sprinkle dried parsley on top.



Recipe & photo compliments of kaseytrenum.com



MAX MEYERS LAW^{PLLC}

Where Accident Victims Get Help



★★★★★

PEARL HARBOR
REMEMBRANCE DAY

DECEMBER 7

★★★★★

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