



MAX MEYERS LAW
**SPOKE
 & WHEEL**



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Hawaii trip in the Winter? Yes Please!!

Shelly and I finally took a proper vacation to Hawaii in early January. Truth be told, I enjoy finding a deal or benefit on all trips we take. So of course there was a marketing seminar happening as well, Hello write off. 😊 Well at least a few days anyway.

We spent ten glorious days in the sun on the Islands of Oahu and Maui. Our Oahu trip centered around the marketing seminar. The seminar took place at the Four Seasons Hotel 45 minutes north of Honolulu in the Ko Olina neighborhood. It was a first-time experience for Shelly and I at such a fancy hotel. The service was spectacular, the rooms were amazing as were the resort grounds.

It's the little things that set great hotels above the rest. For me, it was that our room had a Nespresso machine, you know the one George Clooney is pushing in the TV ads? I'd never had instant espresso like that before, and to my surprise, the espresso was good. I tend to be a little demanding of my espresso quality and this was a nice surprise that now sticks in my mind. Sitting on the lanai with my coffee, a newspaper, and the beautiful blue ocean water view is my all-time favorite way to start the morning.

The second leg of the trip was a quick 45-minute island hop flight to Maui. This was a first trip to Maui for me. I love checking out new spots on vacations. I enjoyed Maui more than Oahu. Maui has a small-town vibe over the big city feel in the area around Honolulu.

We stayed in West Maui in the Kaanapali neighborhood. There was a small surf break in front of our hotel. Surfers are some brave folks. I wandered out into the surf to check it out, such a guy thing right? I grew up swimming, so water doesn't make me nervous. Well I didn't see that little red flag flying at the entrance to the beach. To say the surf and undertow was strong was an understatement! As I walked out and dived into a fair sized wave coming at me, I soon discovered these waves had a lot more water behind them than I am used to. That wave tossed me about, tried to yank off my swimsuit and spit me out. Needless to say, I was done checking the water out!!

Five days in Maui was not enough time for a first visit. I wished for another five days so we could properly drive around the island and check out all the small towns along the way. We are looking forward to that on our next trip to Maui!



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EMPLOYER LIABILITY For An Employee's Car Accident



After a car accident, the other driver may not be the only person responsible for compensating all your damages. If the at-fault driver was on the job and on the clock at the time of the wreck, the other driver's employer is liable for the accident and responsible for compensating you for damages.

In fact, under the theory of vicarious liability, the employer may be liable for an employee's negligence if it caused your injuries.

DID THE EMPLOYEE'S NEGLIGENCE CAUSE YOUR INJURIES?

To establish an employer's liability for the employee's actions, you must prove:

- The employee was negligent.
- The employee's negligence caused your accident and injuries.
- The employee was acting within the scope of employment.
- An employment relationship exists.

If, for example, a plumber runs a red light and strikes your vehicle, the plumber's negligence caused your accident. If the plumber was driving a company vehicle on the way to a job, then the plumber is acting within the scope of employment. Thus, the plumber's employer may be vicariously liable for your injuries.

In this case, Max Meyers can help you pursue a claim against the plumber's employer. Our firm will evaluate the case, collect relevant evidence, and handle all insurance and legal aspects of the case in pursuit of fair compensation for your damages.

Call us today at **425-276-7804**. We can help you determine if you are eligible for compensation regarding this type of case.

National Caffeine Awareness Month

We sure do love our coffee here at MML! Are you like us and typically start your day with a cup of joe? Or, do you prefer tea, soda or an energy drink to get your day started off on the right foot?

Caffeine Awareness Month is a great time to learn exactly how much caffeine you are consuming in a day and if that is having any harmful effects on your body.

Below is information put together by food scientist and biochemist Danielle Robertson Rath outlining **8 Facts** we should all know in honor of **Caffeine Awareness Month**.

1 HOW MUCH CAFFEINE DO WE CONSUME?

85% of the U.S. population consumes at least one caffeinated beverage per day, with the highest caffeine intake among consumers aged 50 - 64 years.

2 ARE WE DRINKING MORE CAFFEINE THAN WE USED TO?

From 1999 to 2010, average caffeine intake has not increased among children and adolescents - what's changing is the source of the caffeine.



3 HOW MUCH CAFFEINE IS SAFE FOR ADULTS?

Healthy, non-pregnant adults can have up to 400 mg of caffeine per day.

4 KIDS SHOULDN'T HAVE ANY CAFFEINE, RIGHT?

Caffeine isn't recommended for children under 12. For children 4 or older an occasional caffeinated soda or chocolate treat will likely pose no concern and around 45mg per day is recognized as a safe amount, but caffeine shouldn't be a daily part of a child's diet.



5

WHAT ABOUT TEENS AND CAFFEINE?

Developing teens should have no more than 100mg of caffeine per day due to the importance of sleep, brain development, inexperience with caffeine and possibly unknown medical conditions.



6

DOES CAFFEINE CAUSE ARRHYTHMIAS?

Moderate caffeine is okay for people with heart arrhythmias (irregular heartbeat). There is no scientific evidence that caffeine causes heart arrhythmias in those with a healthy heart, nor is there any evidence that drinking caffeinated beverages long-term will cause an arrhythmia to develop.

7

ARE ENERGY DRINKS SAFE?

In general, energy drinks are not recommended for those under 18 and provide fewer health benefits than black coffee or green tea. There is no standard definition for the term "Energy Drink" so consumers should consult a medical professional with questions about a specific brand.



8

CAFFEINE AND SLEEP DEPRIVATION

Poor sleep increases the risk of motor vehicle accidents, poor school performance, depression and anxiety, and obesity. Excessive caffeine intake is often the symptom of poor sleep, but it can become part of a vicious cycle.



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Email Dawn at dawn@maxmeyerslaw.com or visit our website at MaxMeyersLawVIP.com!



MARCH EVENTS

MUSSEL FESTIVAL MARCH 2 - 3

Penn Cove MusselFest offers chowder tasting, boat tours, mussel-eating competitions, and children's activities in Coupeville on Whidbey Island. Free.

Visit thepenncovemusselsfestival.com/ for more details.

TECH PARTY MARCH 7

Mix and mingle with 2,000 geeks at GeekWire Bash, which includes food, drink, ping pong, foosball, a zip line, and arcade games at CenturyLink Field Event Center for age 21+.

Visit www.geekwire.com/events/ for more details.

DOG SHOW MARCH 9 - 10

The Seattle Kennel Club Dog Show attracts 11,000 spectators and 2,000 dogs competing at CenturyLink Field Event Center.

Visit seattledogshow.org/ for more details.

WOMEN'S SHOW MARCH 9 - 10

The Northwest Women's Show features seminars on health and finance, fashion shows, cooking demonstrations, celebrity hosts, and hundreds of vendors in the Tacoma Dome.

For details and information go to nwwomensshow.com/.

COMICON MARCH 14 - 17

Emerald City Comic Con is a large comic book, game, and popular-culture event at the convention center.

Visit www.emeraldcitycomiccon.com for details.

HEALING WEEKEND MARCH 21 - 24

Samsarafest is a new "yoga, music, meditation, and healing arts festival" at Enumclaw Expo Center that offers yoga huts, meditation, sound bath, nature hikes, live music, dancing, farm food, photography, painting, mindfulness talks, and tiny home living.

Details can be found at www.samsarafest.com.

MOTORCROSS RACING MARCH 23

Watch off-road motorcycles race on dirt tracks with steep jumps and obstacles at AMA Supercross at CenturyLink Field.

Visit www.supercrosslive.com/events/seattle-wa-2019-tickets.

COUNTRY PARTY MARCH 29

A ticket to Boots, Barrels and Brews gets you six beer or wine tasting tickets, appetizers, a live country band, and a line-dancing lesson in Pickering Barn, age 21+.

Details can be found at www.bootsbarrelsandbrews.com.



Spring Forward



Remember to set your clocks forward one hour on Sunday, March 10th at 2 a.m.

FIRST DAY OF SPRING
IS WEDNESDAY, MARCH 20TH!

Shelly's RECIPE CORNER

SWEET AND SOUR MEATBALLS

In honor of National Meatball Day on March 9th, here is one of Dawn's favorite "go-to" meatball recipes. A quick and easy crock pot meal!

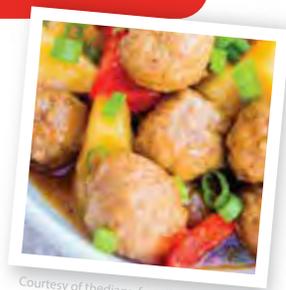
Ingredients:

- 1 Red bell pepper, chopped
- 1 Green bell pepper, chopped
- 1 medium onion, chopped
- 1 16-18oz bottle sweet & sour sauce (I like Yoshida's)
- 1 cup pineapple tidbits, drained
- 1 16 oz pkg. frozen fully cooked meatballs

Directions:

Place the frozen meatballs, peppers, onions & sweet and sour sauce into the crock pot and cook on low for 4 hours. During the last hour add in the pineapple.

Serve over rice and enjoy!



Courtesy of thediaryofarealhousewife.com



MAX MEYERS LAW^{PLC}

Where Accident Victims Get Help



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MARCH MADNESS

begins March 19th!

by Max Meyers

It is that time of year... March Madness begins on Tuesday, March 19th! This is one of the biggest and most exciting events in all of sports. Watch as 68 NCAA Division basketball teams compete in this single elimination tournament for the national championship.

Half the fun of March Madness is filling out a bracket sheet and predicting which teams will

win and move on to the championship. There are several great online sites you can go to for an official bracket sheet, but here is one in particular to check out: www.ncaa.com/brackets/basketball-men/d1.

If you're really into March Madness and like gambling, then you must put a trip to Vegas during March Madness on your bucket list. I have been known to like to place a wager or two while in Vegas, so this was a great time. I highly recommend the Caesar's sport book as your main viewing spot. Pro Tip: Reserve a VIP chair one day so you're well positioned for viewing and access to betting windows.

Who are you rooting for this year?! 😊

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.

We want to recognize the following friends for their referrals:

Dr. Daren Penry & Angie Eskenazi

If you know anyone involved in a car, motorcycle, pedestrian or any other vehicle related accident caused by someone else's fault, please pass our name and phone number along.

We welcome all referrals from readers of Max Meyers Law Spoke & Wheel.



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