

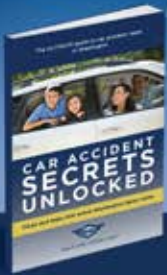


# MAX MEYERS LAW **SPOKE & WHEEL**



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## BEST *Romantic* WEEKEND GETAWAYS



Are you looking for a quick romantic weekend getaway with your loved one this Valentine's Day? Well, look no further! We recommend that you and your sweetheart check out one of these "24 Best Romantic Weekend Getaway Destinations in Washington State:"

- |   |   |
|---|---|
| 1 - <b>Roche Harbor Resort, San Juan Island</b><br><a href="http://rocheharbor.com">rocheharbor.com</a>                                 | 13 - <b>Paradise Inn, Mt Rainier National Park</b><br><a href="http://visitrainier.com/paradise-inn">visitrainier.com/paradise-inn</a>                                      |
| 2 - <b>Marcus Whitman Hotel, Walla Walla</b><br><a href="http://marcuswhitmanhotel.com">marcuswhitmanhotel.com</a>                      | 14 - <b>Lake View Hotel, Chelan</b><br><a href="http://chelanhotel.com">chelanhotel.com</a>   |
| 3 - <b>Fairhaven Village Inn, Bellingham</b><br><a href="http://fairhavenvillageinn.com">fairhavenvillageinn.com</a>                    | 15 - <b>Semiahmoo Resort, Blaine</b><br><a href="http://semiahmoo.com">semiahmoo.com</a>  |
| 4 - <b>Kalaloch Lodge, Olympic National Park</b><br><a href="http://thekalalochlodge.com">thekalalochlodge.com</a>                      | 16 - <b>The Resort at Port Ludlow</b><br><a href="http://portludlowresort.com">portludlowresort.com</a>   |
| 5 - <b>Bacon Mansion, Seattle</b><br><a href="http://baconmansion.com">baconmansion.com</a>   | 17 - <b>Adrift Hotel and Spa, Long Beach</b><br><a href="http://adrifthotel.com">adrifthotel.com</a>  |
| 6 - <b>The Woodmark, Kirkland</b><br><a href="http://destinationhotels.com/the-woodmark/spa">destinationhotels.com/the-woodmark/spa</a> | 18 - <b>Sleeping Lady, Leavenworth</b><br><a href="http://sleepinglady.com">sleepinglady.com</a>  |
| 7 - <b>Chevy Chase Beach Cabins, Port Townsend</b><br><a href="http://chevychasebeachcabins.com">chevychasebeachcabins.com</a>          | 19 - <b>Lake Crescent Lodge, Olympic National Park</b><br><a href="http://olympicnationalparks.com">olympicnationalparks.com</a>  |
| 8 - <b>Davenport Hotel, Spokane</b><br><a href="http://davenportcollection.com">davenportcollection.com</a>                             | 20 - <b>Lake Quinault Lodge, Quinault</b><br><a href="http://olympicnationalparks.com/lodging/lake-quinault-lodge">olympicnationalparks.com/lodging/lake-quinault-lodge</a> |
| 9 - <b>West Beach Resort, Orcas Island</b><br><a href="http://westbeachresort.com">westbeachresort.com</a>                              | 21 - <b>Green Cat Guesthouse, Poulsbo</b><br><a href="http://greencatbb.com">greencatbb.com</a>   |
| 10 - <b>Freestone Inn at Wilson Ranch, Mazama</b><br><a href="http://freestoneinn.com">freestoneinn.com</a>                             | 22 - <b>The Bishop Victorian Hotel, Port Townsend</b><br><a href="http://bishopvictorian.com">bishopvictorian.com</a>   |
| 11 - <b>Mountain Home Lodge, Leavenworth</b><br><a href="http://mthome.com">mthome.com</a>  | 23 - <b>The Inn at Discovery Coast, Long Beach</b><br><a href="http://innatdiscoverycoast.com">innatdiscoverycoast.com</a>  |
| 12 - <b>Campbell's Resort, Lake Chelan</b><br><a href="http://campbellsresort.com">campbellsresort.com</a>                              | 24 - <b>Misty Valley Inn, Forks</b><br><a href="http://mistyvalleyinn.com">mistyvalleyinn.com</a>   |



# Safe Bicycle Riding in Cold Weather: Tips for Seattle Cyclists



Are you ready for the Chilly-Hilly rider? Cascade Bicycle Club annual season opening ride around Bainbridge Island is a fantastic ride. The weather is often not so fantastic!

The colder weather in Seattle does not deter many avid cyclists and commuters who bicycle all over the city. Biking year-round provides riders with many physical, economic and mental benefits, but also requires them to take the right safety precautions. If you plan on riding your bike this winter season, follow these tips to keep you safe on the roadways.

## Ride Carefully in Adverse Conditions

With the poor weather conditions and lessened visibility, it becomes more necessary than ever for riders to exercise caution while riding. Experts suggest:

- **Use both hands to brake** - Stopping your bike while riding on the icy or wet lanes of the I-90 or 520 bridges may prove to be a challenge. Experts suggest using both hands to stop to increase stability.
- **Take over the lane** - Lanes can disappear in snowy conditions. The law allows bicyclists to take over the entire lane if it is not safe to ride on the side. You may annoy some motorists, but holding your position on the road will help ensure your safety.



- **Go slow** - Braking suddenly or speeding through a turn are easy ways to end up in an accident. Make sure to start slowing down early when you plan on stopping or turning.
- **Pay attention and ride defensively** - Staying visually alert and being aware of your surroundings is essential, especially during the winter time. Do not rely solely on sounds, as snow often absorbs reflected

noise. Also, try to make eye contact with drivers as they are less likely to pay attention to bikers during the winter.

## Have the Right Bicycling Gear

If you are riding your bike in Washington this winter, you should be ready to handle strong winds, cold rainstorms and even ice and snow. The first step is making sure you have the right clothing and equipment. Experts suggest the following items to ensure a comfortable ride to work or leisurely Sunday ride on the Burke-Gilman trail with your family.

### CLOTHING:

Experts suggest wearing multiple layers to account for temperature changes. The first layer of clothing should be a thin, breathable fabric to keep your skin dry as you perspire. The second layer should be well-insulated (no cotton). The third, outermost layer should be reflective/neon and wind and water-resistant. Some suggested clothing items include:

- Reflective rain jacket with a ducktail
- Shoe covers to keep you dry
- Midweight wool clothing
- Sunglasses during the day and clear glasses at night
- Tights
- Soft-shell gloves
- Caps

### EQUIPMENT:

Bicyclists should have equipment that makes it easier for drivers to see them and makes it easier for them to see through the rain and snow. Some necessary equipment may include:

- Helmet with a brim (to keep the rain out of your eyes as you ride)
- Handlebar and helmet lights that produce at least 700 lumens
- White light on the front of the bike and a red rear reflector (as required by state law)
- Fenders
- Carbide-studded tires can help you get a grip on icy roads
- Spare tube (preferably two) in case you get a flat tire

## Know Your Route Before You Ride

Winter in Washington means fewer hours of daylight and poor visibility due to the rain and ice. Because of this, it is more important than ever for you to know where you are going. Study your route before hitting the road and if possible, test out your path during the daytime when the weather conditions are still good. Smartphones and GPS systems can also assist in case you lose your way, but it is important not to rely solely on these devices.

Before you head out, check the weather and road conditions in your area. If conditions are too poor to ride in, you should consider alternative methods of transportation.

Max Meyers Law PLLC wants to make sure that you are safe as you ride your bike this winter. Whether you are on a bicycle or a motorcycle, you must have the right clothing and equipment and ride carefully to protect yourself and those around you.

**If you suffered injuries in a bike accident that was not your fault, call us today at 425-276-7804 and we will set up your free consultation and case evaluation.**

## .. THANK YOU! ..

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:

**Issaquah Family Chiropractic**  
**Danell Anderson**  
**Christie Faith**

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.



## BECOME A VIP MEMBER TODAY!

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# February

## EVENTS

### EAGLE FESTIVAL FEB 2 - 3

The Eagle Festival includes guided tours, speakers, demonstrations, an art and photography show, live music, and horse-drawn wagon rides in Arlington.

Visit [www.arlingtonwa.gov/index.aspx?page=427](http://www.arlingtonwa.gov/index.aspx?page=427) for more details.

### FLOWER AND GARDEN SHOW FEB 7 - 11

February is a great time to be indoors at the Northwest Flower & Garden Show. Six acres of show gardens and 300 vendors fill the Washington State Convention Center in Seattle. The opening-night party benefits the arboretum.

Visit [www.gardenshow.com](http://www.gardenshow.com) for more details.

### COWBOY GATHERING FEB 16 - 18

The Spirit of the West Cowboy Gathering celebrates traditional cowboy music, poetry, art, gear, and chow in Ellensburg.

Visit [www.ellensburgcowboygathering.com](http://www.ellensburgcowboygathering.com) for details and schedule.

### FLY FISHING SHOW FEB 17 - 18

The Fly Fishing Show has casting demonstrations, classes, celebrity speakers, fly-tying materials, rods, and reels at Lynnwood Convention Center. Fly Fishing Film Festival Sat. evening requires a separate ticket.

For details visit: <http://flyfishingshow.com/lynnwood-wa/>.

### KIDS WEEKEND AT NORTHWEST TREK FEB 17 - 19

Up to 4 kids age 0 - 12 are free with each paying adult during Kids 'n' Critters at Northwest Trek Wildlife Park, which includes activities and crafts in Eatonville.

Visit [www.nwtrek.org/events?cid=1153](http://www.nwtrek.org/events?cid=1153) for details.

### BLUEGRASS FESTIVAL FEB 22 - 25

Wintergrass includes dozens of acts on four stages, plus workshops and impromptu jams in Bellevue.

Details can be found at <http://wintergrass.com/>.

### VINTAGE GLASS FEB 24

Browse 20th century glass, jewelry, china, pottery, and collectibles from 35 vendors at the Green River Glass Show & Sale at Kent Commons for \$3.

Details at [www.facebook.com/events/246770599092164/](https://www.facebook.com/events/246770599092164/).

## Shelly's RECIPE CORNER

### Easy Valentine Trifle Dessert



Recipe and photo courtesy of [makinglifeblissful.com](http://makinglifeblissful.com)

#### Ingredients

3-4 cups whipped cream (fresh is best!)

4 cups cheesecake flavor pudding (instant works fine, also vanilla flavor is okay) — color pink with food coloring or use strawberry flavor

2-3 cups of cake cubes (about a 9x13 size cake)

1 cup raspberries

2 cups strawberries (sliced)

Optional: you can add more berries if you like!

#### Directions:

Wash and pat the berries dry. Let them air dry while you prep the rest of the ingredients.

Cut your cake into cubes, whip your cream, and make your pudding.

Then start layering in a medium size bowl or trifle dish. Start with the pudding, then add cake cubes so they can soak in the pudding. Add the fruit and whip cream. To make it look pretty, stick the ingredients in a row along the outer-edge of the glass in a nice line, alternating with strawberries, cake, raspberries etc. Continue layering until all the ingredients are gone, finishing with whip cream on top. Refrigerate for at least 2 hours. Enjoy!

## HEADSPACE

*A cool app that teaches you how to meditate.*

By Dawn Husmoe

One of my New Year's resolutions is to learn how to slow down and be more mindful of what is going on around me. For a working mom of two boys, this can be a real challenge! Some days it feels like I am just rushing through the day, without really taking the time to enjoy each moment.

Recently, I started reading books and learning more about meditation. It has always fascinated me, but I have never taken the time to learn or implement the practice. I was talking with a friend who suggested I check out meditation apps on my iPhone. There are several different meditation apps available out there if you just look. I found a great meditation app called Headspace that I have been using and highly recommend!

Headspace is an app that teaches you how to meditate in **just a few minutes a day**. Studies indicate that meditation has been shown to help people stress less, focus more and sleep better. Headspace is meditation made simple, teaching you life-changing mindfulness skills through guided sessions and animations in... again... just a few minutes a day. The sessions are led by mindfulness expert, Andy Puddicombe. All you have to do is download the app (sign up for free) and you can start learning how to meditate immediately. Visit [headspace.com](http://headspace.com) to learn more and get started!

Don't wait... give the app a try! I welcome your feedback and would love to hear from you about different techniques you use to be more mindful. Email me at [dawn@maxmeyerslaw.com](mailto:dawn@maxmeyerslaw.com) with your suggestions!

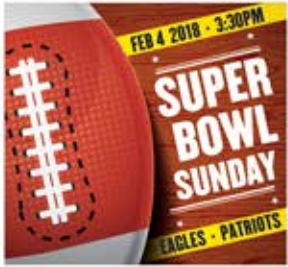
**Until next time...Carpe Diem!**





MAX MEYERS LAW™

Where Accident Victims Get Help



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# BIRTHDAYS

AT MAX MEYERS LAW THIS MONTH!!

February is a big birthday month here at MML.

Happy Birthday to Max, Shelly and Richard!!



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