



MAX MEYERS LAW

SPOKE & WHEEL



HOW TO MAKE

and keep!

NEW YEAR'S RESOLUTIONS

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AS WE EMBARK ON A NEW YEAR we reflect on the past year and the goals or resolutions that we either achieved or maybe haven't fully accomplished yet. If you did not fulfill your resolutions from last year, don't fret, you're not alone.

Most people make resolutions but very few actually keep them. As you contemplate your resolutions for 2015, here are some tips that might help you be more successful.

DON'T OVERDO IT WITH TOO MANY RESOLUTIONS

Pick just one or two resolutions to start, once you have achieved them you can always add more.

KEEP THEM SMALL

Make sure the resolutions you choose are ones that fit your lifestyle. If you make them too lofty you may find you give up on them too soon.

BE SPECIFIC

For example, instead of saying "I am going to exercise more," add more detail. "I will work out on Tuesdays, Thursdays, & Saturdays for at least 1 hour" is better.

WRITE THEM DOWN AND PICK A START DATE

It has been shown that when you write your goals down on paper you are more likely to keep them. And if you give them a start date then you can start anticipating and preparing for it.

BE PREPARED TO CHANGE SOME HABITS OR YOUR LIFESTYLE

This can be one the hardest parts but once you make the changes and stick to them they will get easier and easier.



GIVE YOURSELF A REWARD

Whenever you achieve your resolution or even one part of it, reward yourself in some way for a job well done.

ACCEPT FAILURE

Before you start know that you will fall of the wagon at least once, if not more. That is OK. Don't be hard on yourself, just put it behind you and start again or possibly change the resolution to something a little more doable.

Remember, these tips are merely helpful suggestions to help you achieve success. In the words of Benjamin Franklin, "How few there are who have courage enough to own their faults, or resolution enough to mend them."

Best of luck!!

CHRISTMAS TREE LIGHTING FESTIVAL IN LEAVENWORTH

Every year Shelly and I travel over the mountains to the quaint Bavarian town of Leavenworth to take in their annual Christmas Tree Lighting Festival. We always have a great time and it really puts us in the Christmas spirit. Each year we go with our good friends who we do not get to see very much the rest of the year, so this annual trip allows us to catch up, have some good laughs and drink some great German beer.



Leavenworth is a great place to go when you want to get away, but don't have a huge budget. We stay at the Bavarian Lodge, www.bavarianlodge.com. We love the lodge and its close proximity to everything. The Christmas Lightning Festival is hugely popular and most hotels fill up a year in advance, so if you want to go next year, start calling around now to find a hotel.

The town has festivals all year long. We hear Oktoberfest is super fun but haven't been yet. Anytime of year though Leavenworth is full of fun stores filled with all kinds of crafts.



The food in Leavenworth has historically been so-so, but better places are starting to open, like the new Mexican restaurant South, www.southleavenworth.com. For your drinking needs, a great brewery opened not too long ago, www.iclebrewing.com, and this year saw a new distillery open as well, www.bluespiritsdistilling.com.

We go to Leavenworth every year during the second weekend of December, so if you go, let us know, we'd love to grab a beer with you!

JANUARY EVENTS CALENDAR

January 2 - 4 **REMODELING EXPO**

Get ideas for your dream home at the annual Seattle Remodeling Expo at the Seattle convention center. Speakers, vendors, and remodeling experts.

Visit www.homeshowcenter.com for more details.

January 9 - 11 **MONSTER JAM**

Big trucks with big wheels make big noise and excitement at Monster Jam in the Tacoma Dome.

More details can be found at monsterjam.com.

January 10 - 11 **SEATTLE WEDDING SHOW**

Live and breathe weddings at the Seattle Wedding Show in the Seattle convention center. Expect fashion shows, discount gowns, and 400 vendors.

Visit weddingshow.com for show details and schedule.

January 19 **FREE PARK DAY**

Entry is free at Mount Rainier and Olympic National Parks on Free Entrance Days in the National Parks. Expect more people and less parking than usual.

For details and park information visit nps.gov.

January 21 - 25 **WASHINGTON SPORTSMAN SHOW**

Washington Sportsmen's Show has seminars and exhibitors at Washington State Fair Events Center.

Show information and ticket prices can be found at thesportshows.com.

January 23 - February 1 **SEATTLE BOAT SHOW**

Seattle Boat Show, which features 1,000 boats and 140 boating seminars, is located at CenturyLink Field. Boats are also for sale on South Lake Union.

Visit seattleboatshow.com for more information.

January 31 - February 1 **ANTIQUÉ & COLLECTIBLES SHOW**

Billed as America's Largest Antique & Collectible Show, this event has 400 vendors selling furniture, glassware, slot machines, movie memorabilia, estate jewelry, paintings, mechanical banks, and toys at the Washington State Fair Events Center.

Event information can be found at christinepalmer.net.

January 31 **BELGIANFEST**

Buy a ticket to Belgianfest and you can choose 10 beers to taste out of 80 brewed in Washington using Belgian yeast. Special price for designated driver. Held at Bell Harbor International Conference Center.

Go to washingtonbeer.com/belgianfest for festival information..

10 TIPS FOR SAFE

WINTER WEATHER DRIVING



WHEN IT SNOWS WE CAN'T ALWAYS JUST TAKE THE DAY OFF WORK.

Driving in the snow can be difficult for even the most experienced drivers. Icy conditions can be even more challenging, so learning to drive safely in winter conditions is important.

*Here are **10 TIPS** that can help drivers combat harsh winter driving conditions.*

TAKE IT SLOW

A good mantra is: **ice and snow, take it slow**. To prevent spinouts reduce your speed when ice and snow cover the road. Accelerate slowly and steer gently.

DON'T RELY ON TECHNOLOGY

Your vehicle may be equipped with all-wheel drive, electronic stability control and anti-lock brakes, but no technology can guarantee your safety on icy roads. Safety devices are designed to enhance safe driving techniques, not compensate for a lack of them.

INVEST IN AUTO INSURANCE

No matter how many safety precautions you take, there are no guarantees in life, especially on the roadways. Investing in an auto insurance policy is the best way to protect yourself against loss in the event of an accident. Having full coverage doesn't always mean you have Collision or Comprehensive coverage. Check with your agent to see if you cause an accident whether your car will be fully repaired under your current auto policy coverage.

LEAVE HOME EARLY

When weather conditions are poor, give yourself plenty of time to reach your destination safely. If weather conditions are extremely hazardous, consider postponing your trip.

USE HEADLIGHTS

Headlights allow other drivers to see you more easily, especially in blustery weather. If you have an older vehicle with yellowish pitted headlights, you may want to consider upgrading to newer, clearer headlights for improved visibility. Always make sure your headlights and taillights are clear of snow. There are also products that can remove the cloudy look over older headlights, like "Wipe New" or even toothpaste. These products work to mixed results so a little research may help you decide what's best for you.

LEARN TO USE BRAKES EFFICIENTLY

Slamming on the brakes in snowy weather is a sure-fire way to spin

out of control. Instead, anticipate slowdowns and coast for as long as possible. When you do need to use your brakes, tap them gently.

WATCH FOR "BLACK ICE"

One of winter's worst hazards is transparent ice on the roadway, or "black ice." Black ice is clear, almost invisible ice that may appear to be a harmless puddle or may be impossible to see at all. It is tremendously slick.

Keep a look out for ice on guardrails and ditches, as this may be a sign of icy road conditions. If you hit a patch of black ice, take your foot off the gas pedal and don't tap your brakes. Once your tires regain traction, reduce your speed and stay alert.

IDENTIFY HAZARDOUS ROADS

If you use the same roads often, identify danger zones and learn to avoid them. If a house on a certain corner has an automatic lawn sprinkler that sprays water onto the street in freezing weather, consider taking an alternate route in the winter.

CLEAR LINE OF SIGHT

If you can't see clearly out of your windows or mirrors, you can't drive safely. Clean the inside of your windows, replace windshield wiper blades, set rear-view mirrors and make sure your windshield washer fluid has anti-ice fluid.

BUY WINTER TIRES

When driving in snowy or icy conditions, equipping your vehicle with winter tires is essential. Without an adequate amount of traction, your tires will have a difficult time holding the road. So-called 'all season' tires aren't always snow-safe. Winter tires that meet tire-industry snow traction standards have a snowflake symbol etched on the sidewall.

When battling snow and ice on the roadways, nothing is for certain. Investing in an auto insurance policy can cover your vehicle against damage in any driving conditions.



MAX MEYERS LAW^{PLC}



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NEW YEAR'S RESOLUTIONS

JANUARY EVENTS

LEAVENWORTH LIGHTS

SAFE WINTER DRIVING

SHELLY'S RECIPE CORNER

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BACON CREAM CHEESE PINWHEELS



- 3 oz. cream cheese, softened
- 2 Tbsp. finely chopped onion
- 1 tsp. 2% milk
- 1 tube (8oz.) refrigerated crescent rolls
- 5 bacon strips, cooked and finely chopped

DIRECTIONS

Preheat oven 375 degrees. In a bowl, mix cream cheese, onion and milk. On a lightly floured surface, unroll the crescent dough into one long rectangle; press perforations to seal.

Spread with cream cheese mixture; sprinkle with bacon. Roll up jelly-roll style, starting with a long side; pinch seam to seal.

Using a serrated knife, cut roll crosswise into twenty-four (1/2-in.) slices. Place pinwheels on ungreased baking sheets, cut side down.

Bake 12-15 minutes or until golden brown. Enjoy!