

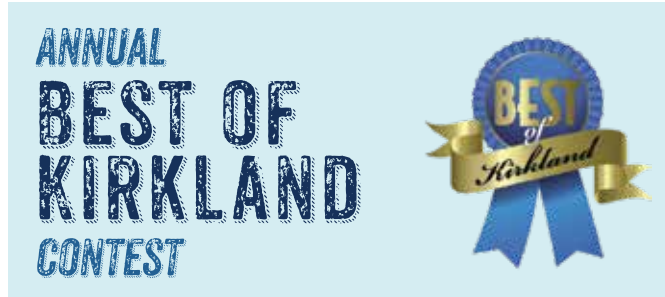


MAX MEYERS LAW SPOKE & WHEEL



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Every year our local community paper, the Kirkland Reporter, runs a Best of Kirkland contest.

The contest lets consumers vote on local businesses who they believe are the best in the city of Kirkland.

Max Meyers Law was awarded 1st place in the People category for Lawyers for the last 3 years in a row! We are hoping to be voted 1st place again this year!!

We would appreciate it if you could take a few minutes and vote for your favorite Kirkland businesses. Most of the nominees are small businesses. Being recognized by the community really gives hard working small business owners and their employees a great pat on the back plus bragging rights for a year in the local community!!

Here's an easy web address that will take you directly to the contest page: BestOfKirklandContest.com.

Voting begins **March 6th and is open all month...** we appreciate your vote!

Thank you from the Team at Max Meyers Law!

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'd like to recognize the following friends for their referrals:

- Todd Bridges**
- Dr. Darrell Schreyer**
- Mark Walters**
- Aaron and Cat Suiter**
- Dave Preston**

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 & phone number along.

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



FREE INSTANT DOWNLOAD

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

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

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



Max Meyers Law VIP Program

Become a VIP Member today and take advantage of our great benefits!

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



DAYLIGHT SAVINGS TIME
Move Clocks Forward One Hour
• **March 8, 2020** •

SCREEN TIME

Is Making Kids Moody, Crazy, and Lazy!

by Dawn Husmoe

As many of our readers know, I am the mother of two young children. My boys each have their own tablets and we own an Xbox that they use for playing video games. It is no secret that our children's generation will grow up being surrounded by technology. Our kids will need to be familiar with how to use tech and are more reliant upon it than any other generation before. But where do we as parents draw the line?

A fellow parenting friend of mine shared an article published by *Psychology Today* called "Screen Time Is Making Kids Moody, Crazy, and Lazy." I read this article, and not only did it resonate with me, it scared the crap out of me! The article illustrates 6 physiological ways electronics tend to produce mood disturbance.

1 - SCREEN TIME DISRUPTS SLEEP AND DESYNCHRONIZES THE BODY CLOCK

Because light from screen devices mimics daytime, it suppresses melatonin, a sleep signal released by darkness. Just minutes of screen stimulation can delay melatonin release by several hours and desynchronize the body clock. **Once the body clock is disrupted, all sorts of other unhealthy reactions occur, such as hormone imbalance and brain inflammation.** Plus, high arousal doesn't permit deep sleep, and deep sleep is how we heal.

2 - SCREEN TIME DESENSITIZES THE BRAIN'S REWARD SYSTEM

Many children are "hooked" on electronics, and in fact gaming releases so much dopamine - the "feel-good" chemical - that on a brain scan it looks the same as cocaine use. **But when reward pathways are overused, they become less sensitive, and more and more stimulation is needed to experience pleasure.** Meanwhile, dopamine is also critical for focus and motivation, so, even small changes in dopamine sensitivity can wreak havoc on how well a child feels and functions.



3 - SCREEN TIME PRODUCES "LIGHT-AT-NIGHT"

Light-at-night from electronics has been linked to depression and even suicide risk in numerous studies. In fact, animal studies show that exposure to screen-based light before or during sleep causes depression, even when the animal isn't looking at the screen. Sometimes parents are reluctant to restrict electronics use in a child's

bedroom because they worry the child will enter a state of despair - but in fact removing light-at-night is protective.

4 - SCREEN TIME INDUCES STRESS REACTIONS

Both acute stress (flight-or-flight) and chronic stress produce changes in brain chemistry and hormones that can increase irritability. **Cortisol, the chronic stress hormone, seems to be both a cause and an effect of depression - creating a vicious cycle.** Additionally, both hyperarousal and addiction pathways suppress the brain's frontal lobe, the area where mood regulation takes place.



5 - SCREEN TIME OVERLOADS THE SENSORY SYSTEM, FRACTURES ATTENTION, AND ALSO DEPLETES MENTAL RESERVES

Experts say that what's often behind explosive and aggressive behavior is poor focus. When attention suffers, so does the ability to process one's internal and external environment, so little demands become big ones. **By depleting mental energy with high visual and cognitive input, screen time contributes to low reserves.** One way to temporarily "boost" depleted reserves is to become angry, so meltdowns become a coping mechanism.

6 - SCREEN TIME REDUCES PHYSICAL ACTIVITY LEVELS AND EXPOSURE TO "GREEN TIME"

Research shows that time outdoors, especially interacting with nature, can restore attention, lower stress, and reduce aggression. Thus, time spent with electronics reduces exposure to natural mood enhancers.

Studies show that kids and teens ages 8 to 18 spend an average of more than **SEVEN HOURS A DAY** looking at screens. The new warning from the American Heart Association (AHA) recommends parents limit screen time for kids to a **maximum of just two hours per day.** For younger children, ages 2 to 5, the recommended limit is one hour per day.

Media-free zones, such as no screen time in the bedroom and media-free times, including no devices at the dinner table, can also be beneficial.

And, most importantly, parents need to be fully present when they are with their children. When you are with your kids think about putting your phone down or your tablet down and talking to them. Be engaged with your kids because they pick up on exactly what you are doing!

MARCH

Is Brain Injury Awareness Month

Did you know that between 3.2 and 5.3 MILLION Americans live with long-term disabilities resulting from traumatic brain injury (TBI)?

This doesn't include those who may never seek treatment. That is a staggering number! It is important that we keep an ongoing dialogue to help raise awareness about the risks associated with brain injury.

At MML, we see how accident victims can be seriously impacted by a brain injury. It humbles and honors us to be able to help accident victims who suffer from this type of serious injury. **With the evolving development of brain science, we are seeing between 40-50% of all car accidents have a TBI type injuries.** Crazy and scary!! FYI, a concussion is a type of TBI injury.

All accident victims are at risk for TBI. This is something that affects all levels of society, regardless of race, gender, or socioeconomic background.

We cannot prevent all traumatic brain injuries, but we can learn more about how to prevent and treat them, while also improving the support and resources available to those who need it. There are many ways to reduce the chances of sustaining a traumatic brain injury. Here is a list of ways you can prevent Traumatic Brain Injury (TBI):

- **Buckle up every ride.** Wear a seat belt every time you drive - or ride - in a motor vehicle.
- **Never drive while under the influence of alcohol or drugs.**
- **Wear a helmet, or appropriate headgear when you or your kids:**
 - Ride a bike, motorcycle, snowmobile, scooter, or use an all-terrain vehicle
 - Play a contact sport, such as football, ice hockey, or boxing
 - Use in-line skates or ride a skateboard
 - Bat and run bases in baseball or softball
 - Ride a horse
 - Ski or snowboard
- **Seek medical care early**
 - Go to the doctor as soon as you notice anything head or brain related

Common TBI symptoms include headaches, light or noise sensitivity, fatigue, short-term memory issues, problems focusing or concentrating, computer or other screens causing headaches or fatigue.



cont. on page 3

March EVENTS

IRISH MUSIC ON THE COAST MARCH 6 - 8

Hear 10 bands play in 4 venues over 3 days at the Coastal Celtic Music Festival in Ocean Park.

Visit www.brownpapertickets.com/event/4347363.

BIKE SHOW MARCH 7 - 8

Check out vendors of bikes, bike gear, travel accessories, and fitness equipment at the Seattle Bike & Outdoor Show at CenturyLink Field Event Center. Free for children age 12 and younger.

Visit www.seattlebikeshow.com for more details.

COMICON MARCH 12 - 15

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

Visit www.emeraldcitycomiccon.com for more details.

BOOK SALE MARCH 14 - 15

Browse 100,000 books and movies starting at \$1 at the Spring Book Sale by Friends of The Seattle Public Library, in the Exhibition Hall at Seattle Center.

Visit www.facebook.com/events/544856365999841.

HEALING WEEKEND MARCH 20 - 22

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 & tiny home living."

Visit www.samsarafest.com for more information.

BIKE SWAP MARCH 22

Vendors sell new and used mountain, road, and track bike equipment at Cascade Bicycle Club's Seattle Bike Swap in Seattle Center Exhibition Hall. Bring a helmet to test ride. Children age 15 and younger are free.

Visit www.cascade.org/rides-and-events/seattlebike-swap.

TASTE OF GEORGETOWN MARCH 28

Buy \$5 tickets for Georgetown Bites at Georgetown Trailer Park Mall (5805 Airport Way South) by 4 p.m. and then exchange the tickets for bites and beverages at dozens of participating businesses until 5 p.m.

Visit www.georgetownbites.com/georgetownbites.htm.

COWBOY SHOW MARCH 29

Professional Bull Riders compete to see who can last the longest atop a bucking bull in the Tacoma Dome.

Details at www.tacomadome.org/events/detail/pbr.

Shelly's RECIPE CORNER

INSTANT POT BEEF STEW

We are in love with our Instant Pots here at MML. The team has been making A LOT of meals lately... here is one of our favorites to try!

Ingredients:

- 4 tbsp butter
- 2 ½ lb. chuck roast cut into 1-inch cubes
- Salt & pepper
- 4 cups beef stock
- 2 tbsp Tomato paste
- 1 tbsp Worcestershire sauce
- 1 tsp paprika
- 3 tsp minced garlic
- 1 tsp thyme
- 1 ½ onions diced
- 2 stalks celery sliced
- 5 medium potatoes peeled and cubed
- 3 carrots peeled and sliced
- 1 bay leaf
- 3 tbsp cornstarch
- 3 tbsp water

Directions:

Set Instant Pot on sauté high. Place butter in pot and allow to melt.

Salt and pepper meat and sauté in batches until browned. Remove to bowl and continue until all meat is cooked.

Turn off pot and return meat to pot. Add beef stock, tomato paste, Worcestershire, paprika, garlic and thyme. Stir to combine. Add onions, celery, potatoes and carrots. Stir until well mixed. Add bay leaf.

Cook on high pressure for 35 minutes. When pot shuts off, cover vent with dish towel to avoid spattering and press quick release.

In a small bowl, whisk together cornstarch and water until well blended. Set aside.

Remove lid. Remove bay leaf and discard. Add cornstarch mixture and stir until blended. Allow several minutes for sauce to thicken. Salt and pepper to taste and serve.



recipe courtesy of cincyhopper.com

MARCH

Is Brain Injury Awareness Month cont...

Other symptoms include fuzzy/foggy feeling, dizziness, nausea or vomiting, blurred vision, word finding difficulty, emotional reactions different, problems sleeping, change in sense of smell or taste, and slurring words.

Brain injury symptoms can appear in the days or weeks following an injury, so it's critical to go back to the doctor as soon as they appear to report any new symptoms.

Over the years I have seen a dramatic increase in concussions/TBI injuries in clients' cases. Luckily, doctors have developed much better protocols for finding and diagnosing these brain injuries after an accident. However, the concussion/TBI science continues to evolve quickly.

One thing we do know is concussion/TBI injuries result in a permanent injury. If you or someone you know has been in a vehicle accident of any kind and they suffered a concussion/TBI please make sure they speak with an experienced accident attorney who knows the ins-and-outs of a brain injury accident case, like us, here at Max Meyers Law.

To learn more about how you can support Brain Injury Awareness, visit www.biausa.org for more information.



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.

"EXCELLENT ATTORNEY WHO TRULY LISTENS"

Recent 5-Star Reviews of MML...



I was in a motorcycle wreck. Max Meyers law helped me out through the whole process and took care of a lot of stuff for me. I would highly recommend Max to anyone that needs a great lawyer. Was happy with my outcome. Thanks to everyone in Max Meyers law office.

- Marc Arnold

Max and his team provided such great support in a time when I really needed it. I am so thankful for the dedication and patience he had while helping me navigate a very complex and overwhelming system. I felt very cared for by the whole team and I highly recommend Max Meyers Law to anyone dealing with the aftermath of an auto accident. Thank you all so much!

- Rachel Tefft

Excellent attorney who truly listens. I'm an attorney who, in fact, does a bit of personal injury work himself; nonetheless, even attorneys sometimes need an attorney. I had a personal injury case (my wife and I had been rear-ended by a negligent driver), and needed some assistance, so I called Max as he's well known in his field, with a stellar reputation. Max took the time to listen to me and to make some suggestions; he then agreed to take my cases and, true to his reputation, jumped into action! This guy is a class act; he is the advocate you want on your side!

- Eric



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Max Meyers