



MAX MEYERS LAW **SPOKE & WHEEL**



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Be the Hope

NIGHT OUT

MML was proud to be a sponsor for the **12th Annual Valley Girls & Guys Be The Hope Night Out**. Proceeds from this event went to support the Valley Girls & Guys team, who participates annually in the Susan G. Komen 3-day walk. The Night Out event was held at Emerald Downs and had a huge turnout in support of a great cause!

Please consider supporting the Valley Girls and Guys through their Facebook page at:

www.facebook.com/ValleyGirlsandGuys.



We were honored to sponsor the evening's "Wine Pull," where for a \$25 donation, you draw a cork with a corresponding number to a "wrapped" or mystery bottle of wine. There were 200 bottles of wine and all were valued at \$25 or MORE. Your bottle could have been autographed, valued at \$90 or more, be a wine basket, or even a MAGNUM of wine! All wine was generously donated, so 100% of the donations went directly to the non-profit!



Dawn also ran into a college friend at the event who is the founder of Sweet Tea Cancer Connections. They are diligently and passionately developing the world's first, nonprofit, mobile app to connect parents who have children with pediatric cancer.

To find out more about Sweet Tea Cancer Connections visit any of the following:

sweetteaconnections.org
facebook.com/sweetteacancerconnections/
tfettig@sweetteaconnections.org



FREE INSTANT DOWNLOAD

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

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

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

Accident Caused by a Texting Semi-Truck Driver? Who is responsible?



If you suffered injuries in an accident a texting truck driver caused, you can sue to recover compensation for your damages. Though suing a semi-truck carrier for an accident caused by a truck driver who was texting can be a stressful, time-consuming process.

CAN I SUE A SEMI-TRUCK DRIVER WHO INJURED ME IN AN ACCIDENT WHILE TEXTING?

Yes, you can sue a semi-truck driver for an accident that occurred due to texting. Accident claims usually require establishing liability based on the defendant's negligence. An accident claim must also present evidence connecting the defendant's negligence to the accident; in other words, the claim must establish causation.

If your accident claim presents evidence showing the driver was texting at the time of the accident, you may be able to establish negligence and liability for the wreck. However, texting alone is not enough. The driver must have done something else wrong like failing to stop for traffic ahead or running a red light, which wouldn't have happened if not distracted by texting.

HOW DO I PROVE THE TRUCK DRIVER WAS TEXTING?

Proving a truck driver was texting at the time of an accident can be difficult, but we have several ways to go about it.

First, and perhaps most important, we may retrieve the truck driver's cell phone records. The records should show if the phone was active in any way during or immediately before the crash. Keep in mind, just because the phone records show activity does not automatically mean the driver was doing anything improper.

According to cell phone regulations from the Federal Motor Carrier Safety Administration (FMCSA), truck drivers can engage in phone conversations while driving, but they cannot hold the phone in their hand while doing so. Instead, they must activate voice-free talking and dialing and one-touch answering to make and receive calls. Even scrolling through a contact list long enough to find a number is against the regulations.

The driver's phone records might also show the driver sent or read a text in the seconds before the crash or had just loaded a web page or accessed a social media app, such as YouTube or Facebook. Any such evidence may lend credibility to our claim that a distracted truck driver's negligence caused or contributed to the crash.

For additional proof, we may retrieve and review photo and video evidence of the crash. We can also interview eyewitnesses who might have caught a glimpse into the cab of the truck at the time of the accident and witnessed the truck driver using a cell phone just prior to the wreck.

That's why it's important for you to get the phones and numbers of all witnesses at the accident scene. The police unfortunately may not get every witness contact information if they find one or two to satisfy the facts of how the accident happened. Sometimes another witness may have information that is important to your injury claim that the police really aren't concerned about protecting. The police are looking for traffic or criminal violations, they are not

concerned about other claims of the drivers.

IS THE TRUCKING COMPANY VICARIOUSLY LIABLE?

Semi-Truck accident claims are different from car accident claims in part because trucking companies have vicarious liability for the actions of drivers. If the driver was carrying out job-related duties at the time of the accident, we can pursue damages from the trucking company.

Trucking companies have higher duties owed to the public because semi-trucks are so much more dangerous than passenger cars. They have increased safety rules, maintenance rules, driver restrictions, and driver training requirements, to name a few. Any of these areas can lead to increased liability on a trucking company for the accident.

Trucking companies must also carry significant insurance policies, which may allow you to recover full compensation for your damages. Your medical bills alone can cost tens of thousands of dollars, if not more. We can file a claim against the trucking company's insurance for full damages, which might include:

- Current and future medical bills
- Lost wages and reduced earning capacity
- Damage to your vehicle and other personal property
- Pain and suffering

Every car or truck accident is unique. The circumstances of your crash will determine the best way to move forward. If the truck driver caused the accident due to texting, you may have multiple legal options available to recover fair compensation and hold the negligent parties accountable.

At Max Meyers Law, our legal team has experience with truck accident cases. If you have questions about a truck accident call our office at 425-276-7804.



Don't forget!

**MAY 5TH is
INTERNATIONAL
FEMALE
RIDE DAY**



Like us!

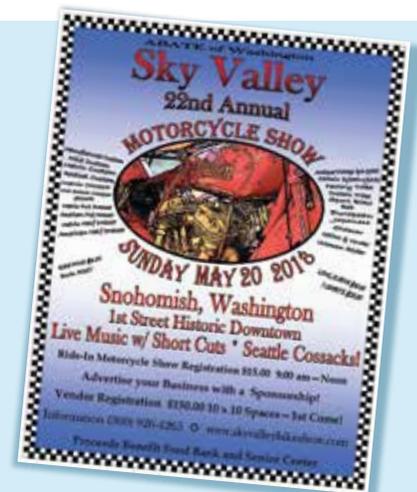
Follow us on Facebook to see our latest events, news, photos and posts!

Sky Valley 22nd Annual Motorcycle Show

Come see us at the ABATE of Washington Sky Valley 22nd Annual Motorcycle Show on **Sunday, May 20th!**

We will be located on 1st Street in Historic Downtown Snohomish. Stop by our booth to be entered in our contest giveaway. Past winners have received a **GoPro Camera**, **Seahawks tickets** and **Harley Davidson gift cards!**

To find out more go to www.skyvalleybikeshow.com.



THE BENEFITS OF LAUGHTER

Have you ever heard the term “laughter is the best medicine?” Well, researchers say there is truth to that! As kids, it wasn’t uncommon for us to laugh many times a day, but as an adult, life tends to be more serious and we find ourselves laughing a lot less. You can improve your overall health by seeking out humor and laughter.

Why is laughter such a good medicine for the mind and body? Here are 6 scientific ways a good laugh has been shown to improve your health:

It lightens anger’s heavy load. It’s amazing how much better a laugh can make us feel, especially if it is totally out of the blue! Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

It boosts the immune system. Negative stress causes chemical reactions in your body that decrease your immunity, making it more likely you will get sick. A good laugh fuels your immune system with disease-fighting powers that will help you stay healthy and energetic.

It triggers the release of endorphins, the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

It burns calories. OK, so it’s no replacement for going to the gym, but laughter could offer a small assist to your fitness plan. Laughing raises your heart rate and caloric expenditure, resulting in about 10-40 calories burned over 15 minutes of laughter!

It protects the heart. Laughter reduces blood pressure and improves blood flow, which will in turn reduce your odds of suffering a stroke or heart attack.

It may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don’t laugh as much. The difference was particularly notable for those who were battling cancer.

Laughter could be considered “the best medicine” because it is fun, free, and easy to use! Here are a few simple ways you can incorporate more laughter into your daily life:

- Seek out funny people
- Make someone else laugh by sharing a good joke or a funny story
- Reminisce with an old friend – that’s sure to bring back funny memories!
- Check out a local comedy club
- Goof around with children
- Watch your favorite comedy, tv show, funny movie, or YouTube video
- Read the funny pages
- Host a game night with friends
- Play with a pet
- Check out your bookstore’s humor section
- Make time for fun activities
- Go to a “laughter yoga” class... yes, there is such a thing!

HA!
HA!
HA!

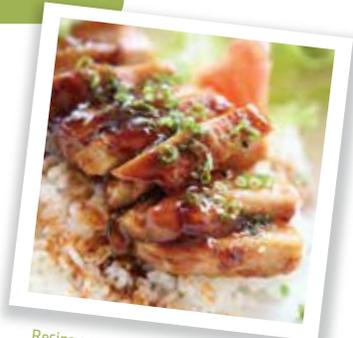


Choose to **LAUGH** each day!

Shelly's RECIPE CORNER

I saw this recipe pop up on Facebook and decided to give it a try. Winner winner, chicken dinner!

STICKY HONEY GARLIC CHICKEN



Recipe courtesy of twistedfood.co.uk

Ingredients

- 2 chicken breasts (butterfly if large)
- Salt
- Pepper
- 2 cups plain flour
- 3 tbsp oil
- 4 cloves garlic, minced
- 1 tbsp soy sauce
- 1/3 cup honey
- 2 tbsp apple cider vinegar
- 1 tbsp butter
- Chopped parsley

Directions:

Season chicken breasts with salt and pepper. Dredge in flour being sure to shake off any excess.

Heat 1½ tbsp oil in a large non-stick pan over medium heat. Cook chicken until golden brown on both sides, take out.

Add butter and remaining oil to pan. Add garlic and cook until fragrant. Stir in soy sauce, vinegar and honey. Bring to a simmer and add back chicken, turning to coat in sauce.

Serve with mashed potatoes or rice. Serves 4. Enjoy!

BECOME A VIP MEMBER TODAY!

Find out more about the **Max Meyers Law VIP Program**, including perks such as free Insurance Policy Review, free Notary Service and more, at MaxMeyersLawVIP.com.



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.

This month, we want to recognize the following friend for their referral:

- Maha Yakob



MAX MEYERS LAW^{PLLC}

Where Accident Victims Get Help



• May 13th •

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Benefits of Laughter

May Events

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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.



May

 EVENTS CALENDAR

CARNIVAL IN MONROE MAY 4 - 6

Cinco de Mayo Carnival has carnival rides, a car show, food vendors, beer, and margaritas at Evergreen State Fairgrounds in Monroe. Free admission but not parking.

Visit www.evergreenfair.org/180/2017-Cinco-de-Mayo-Carnival for more details.

BOAT PARADE MAY 5

Watch boats parade through the Montlake Cut near the University of Washington on Opening Day. Free.

Visit www.seattleyachtclub.org for more details.

MARITIME FESTIVAL MAY 12

Seattle Maritime Festival: Family Fun Day features boat tours, walk-on tugboats, a boat parade, Coast Guard demonstrations, kids' activities, a fireboat display, music, and a chowder cookoff with samples for sale at Seattle Maritime Academy in Ballard.

Visit www.seattlemaritime101.com/harley-marine-maritime-festival/ for details and schedule.

WEST SEATTLE GARAGE SALE MAY 12

Garage sale signs sprout all over the neighborhood during Garage Sale Day. Free.

For information visit: westseattlegaragesale.wordpress.com.

VIKING FESTIVAL MAY 18 - 20

Viking Gjest celebrates Scandinavian heritage in Poulsbo with a parade, carnival, music, food, and competitions.

Visit www.vikingfest.org for details.

UNIVERSITY STREET FAIR MAY 19 - 20

Seattle's earliest street fair of the year is the laid-back University District Street Fair. Food vendors and arts & crafts booths line University Way NE. See music, dance, and comedy onstage.

Visit www.udistrictstreetfair.org for details.

MILITARY SHOW MAY 26

See tanks, military vehicles, and artillery at Tankfest Northwest, with food trucks and family activities at Flying Heritage & Combat Armor Museum in Everett.

Visit www.facebook.com/events/316971882125114/.

GIG HARBOR SCAVENGER HUNT MAY 26

Follow the map to dozens of checkpoints on foot or bike during Gig Harbor Street Scramble, with awards afterward at Donkey Creek Park. Free.

Visit www.streetscramble.com/events/street-scramble-gig-harbor for details.



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