

SHIFT & MOVE

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THE WASHINGTON AUTO ACCIDENT GUIDE

An Insider's Guide To Auto Accident Claims In Washington



January: National Blood Donor Month

This January, the American Red Cross celebrates National Blood Donor Month and recognizes the lifesaving contribution of blood and platelet donors.

National Blood Donor Month has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767) to make an appointment or to receive more information. All blood types are needed to ensure a reliable supply for patients.

How You can Help:

- Encourage friends and family who have never donated blood to give at your drive and help sustain the blood supply. Visit our redesigned and easier to use Blood Drive Management Portal at rcblood.org/portal to find and download the tools you need for blood drive success.
- Post the message below to social media, such as Facebook, Twitter, LinkedIn and Nextdoor
- Send appointment reminders to scheduled donors. If donors cannot keep their appointments, encourage them to visit RedCrossBlood.org, call 1-800-RED CROSS, download the Red Cross Blood Donor App or enable the Blood Donor Skill on any Alexa Echo device to find another donation opportunity.

31919 1st Ave S, Ste 104
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10900 NE 8th St. Ste 1670
Bellevue, WA 98004
by appointment

2707 Colby Ave Ste 1118
Everett, WA 98201
by appointment

How DO I Choose The Right Personal Injury Attorney?

It's a fact of life: Accidents and injuries do happen, and when they do, you need help. Who should you turn to? A Washington State licensed accident and injury attorney. Remember this: the question is never, "Should I hire an attorney?" but, "Who is the right personal injury attorney for me?"

Here are some simple, practical steps to follow:

Step 1: Proximity – Ideally, you want to find a personal injury attorney who practices close to where you live or work, because it is definitely easier to work with a lawyer located nearby for meetings and for court appearances. Communication with your lawyer is important and in person is almost always better.

Step 2: Experience – This is probably the most important, because one who can explain the entire process, knows the adjusters and how the insurance company tends to deal with your type of case is a huge asset. This is especially so in cases where an insurance company offers a low settlement amount and demands that you to sue them for more money. The companies know many people or attorneys do not want to go to trial, so finding a strong advocate is crucial.

Step 3: Enthusiasm – This might not seem like an important reason to hire an attorney, but I would hesitate to hire a lawyer who doesn't seem eager or like the odds of winning my case. Lawyers often work harder on cases they find interesting or have a better chance of greater monetary gain on the win. This matters because the end result and the entire process will be much more enjoyable if your attorney is enthusiastic about your case.

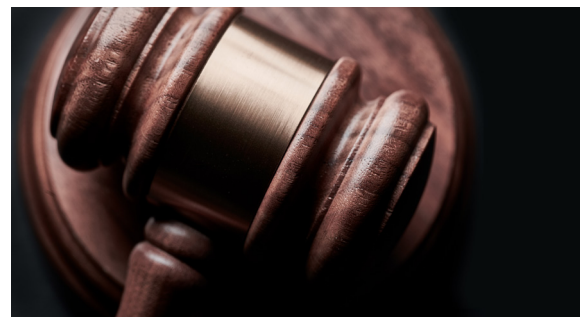
Step 4: Case Management – Communication is really important, so you'll want to know how your attorney will go about managing your case. And you. You will want to know who will handle negotiations and court appearances. Will the attorney be your day-to-day contact? Will other attorneys or legal staff in the firm or experts work on your case? What work will they do? You will want to know whether the attorney will provide progress reports. If so, how frequently and what methods will be used? You will want to know what the best way to reach the attorney is and how quickly the attorney responds to calls.

Step 5: Legal Philosophy & Style – You want to make sure his approach to the law and his style of working with clients is comfortable for you. The most important thing to remember is: your attorney can't decide for you. This means your attorney should give you all the information so you can make an informed decision about your case. Again, communication is all important.

Step 6: Reviews – Reviews are important depending on their source and how you found your attorney. If a friend referred you who used him or her in a similar type accident, you're taking less a risk. Word of mouth is the best form of advertising.

However, if your case is far different from your friend's or you found the personal injury attorney on a website, look for previous client reviews online. Those reviews are far more valuable than endorsements from fellow lawyers, since those are often used by friends to promote each other's business. If multiple clients enjoyed their experience with the attorney who won their cases, you can feel more comfortable.

In conclusion, which personal injury attorney you hire can often make or break the success of your case. Do not take this decision lightly, look for options, compare and contrast those options. Don't be afraid to ask questions. Remember, personal injury attorneys want your business, so use that to your advantage when searching for your best fit. Ask for more information, look online for reviews to help make the right decision for your individual circumstance.



We love reviews!

We are always grateful for the kind comments and reviews left by our clients. If you would like to leave a review, you can do so by visiting us on Google maps!

Here's what our clients are saying:

The Ye Law Firm is amazing! I got into an auto accident exactly a year ago which totaled my vehicle while I was stopped at a red light. The Ye Law Firm team took care of my property settlement and personal injury settlement which was completely stress-free. I received way more than I expected and thrilled it helped pay off my wedding. This is my second time asking the Ye Law Firm for assistance and I haven't been disappointed yet. Highly recommended!

We are happy to discuss your situation with you. Give us a call at (253) 946-0577.

CONTACT:



(253) 946-0577
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Recipe Spotlight of the month: Sheet Pan Chicken with Sweet Potatoes, Apples, and Brussel Sprouts.



NUTRITION INFORMATION-
Amount per serving (1 (of 4)) — Calories: 316, Fat: 12g, Saturated Fat: 2g, Cholesterol: 64mg, Sodium: 394mg, Carbohydrates: 24g, Fiber: 6g, Sugar: 8g, Protein: 30g

INGREDIENTS

4 boneless skinless chicken breasts, — trimmed of excess fat and lightly pounded to a relatively even thickness
3 tablespoons extra-virgin olive oil — divided
4 cloves garlic — minced
2 tablespoons chopped fresh rosemary — divided
1 teaspoon ground cinnamon
1 teaspoon kosher salt — divided
1/2 teaspoon black pepper — divided
4 cups Brussels sprouts — trimmed and halved (quarter if very large), about 1 pound
1 large sweet potato — peeled and cut into 1/2-inch cubes
1 medium red onion — cut into 3/4-inch pieces
1 medium Granny smith apple — peeled, cored, and cut into rough 1-inch pieces (these pieces should be larger than the other vegetables)

With the new year comes a new commitment (okay, sometimes a re-newed commitment to begin the year with better health in mind. This issues recipe focuses on an healthy dish. I'll admit- I'm not the biggest fan of brussel sprouts, but even spite of this, I was pleasantly surprised by this chicken dish. I hope you enjoy it as much as I did!

INSTRUCTIONS

Preheat the oven to 425 degrees F.
Place the chicken breasts in a large ziptop bag. Drizzle with 1 1/2 tablespoons olive oil, then add the garlic, 1 tablespoon rosemary, cinnamon, 1/2 teaspoon salt, and 1/4 teaspoon black pepper. Zip the bag tightly, then shake and rub the bag to coat the chicken in the oil and spices. Set aside while you chop the vegetables and apples, or refrigerate for up to 1 day.
Once chopped, place the Brussels sprouts, sweet potato, onion, and apple on a large, rimmed baking sheet. Drizzle with the remaining 1 1/2 tablespoons olive oil, then sprinkle with remaining 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper. Toss to evenly coat, then spread into an even layer.
Remove the chicken from the marinade and place on top of the apple and vegetables. Place in the oven and roast until the chicken is cooked through and the internal temperature reaches 160 to 165 degrees F, about 18 to 22 minutes, or until done. Once the chicken is cooked through, remove to a plate to rest and cover with foil to keep warm. Toss the apple and vegetables on the pan, then return the pan to the oven and continue baking until caramelized and tender, about 10 to 15 additional minutes. Sprinkle with the remaining 1 tablespoon fresh rosemary. Serve warm with the rested chicken.

Witty Valentine's Day Quotes

Typically, we'd provide some romantic, cute, or downright adorable ideas for how to spend valentine's day with your significant other. This time, we thought we'd do something different. So, we've compiled a list of some witty (and some not so witty) quotes for the upcoming heart-filled, candy-overload, rose-inflated prices, holiday.

Helen Rowland: A husband is what is left of the lover after the nerve is extracted.

Brendan Francis: A man is already halfway in love with any woman who listens to him.

Aerosmith: Falling in love is so hard on the knees.

Author Unknown: If love is blind, why is lingerie so popular?

Laurence J. Peter: It's better to have loved and lost than to do forty pounds of laundry a week.

Henny Youngman: I've been in love with the same woman for forty-one years. If my wife finds out, she'll kill me.

Cathy Carlyle: Love is an electric blanket with somebody else in control of the switch.

Jules Renord: Love is like an hour glass, with the heart filling up as the brain empties.

W. Somerset Maugham: Love is only a dirty trick played on us to achieve continuation of the species.

Reed Bennet, Valentine's Day: Love is the only shocking act left on the planet.

William Caxton: Love lasteth as long as the money endureth.

Richard Friedman: Money will buy you a fine dog, but only love can make it wag its tail.

Charles Dickens: Never sign a Valentine with your own name.

Albert Einstein: No, this trick won't work. How on earth are you ever going to explain in terms of chemistry and physics so important a biological phenomenon as first love?

Henry Kissinger: Nobody will ever win the battle of the sexes. There's too much fraternizing with the enemy.

Erich Segal: True love comes quietly, without banners or flashing lights. If you hear bells, get your ears checked.

Oscar Wilde: Women are made to be loved, not understood.

Henny Youngman: You can't buy love, but you can pay heavily for it.



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A Great Beginning to 2020



This newsletter is for informational purposes only.

"A Great Beginning to 2020"

Chong Ye

Attorney Chong H. Ye works hard to actively give back to the community. One way he does so is by serving as the President of the Board for Nest Mission, a Christian homeless mission agency. If you are a regular subscriber, you may have read past articles about the things he and the organization are doing. Recently, he and the rest of the board donated their time and efforts to introduce Korean food to the Vashon Islanders and spent some time jotting down some appreciative thoughts afterward.

On January 11th and 18th, 2020, the Nest Mission board got together for our annual meeting and spent the day cooking various dishes and crafting the art of fine Korean cuisine. You see- none of us are professional chefs. We are wives, husbands, moms, and dads whose only experience in cooking was for our families and our friends. We wanted the dining experience to be memorable and enjoyable for our guests. We were all nervous about cooking Korean cuisines for our Vashon Island guests. We realized for some of them this was their very first taste of Korean cuisine and we didn't want them to disappoint them. We wanted to ensure we left a lasting impression. We all had our dishes to master. Luckily, my job was to ensure I brought traditional Korean wine and spirits.

While we labored through the preparation that Saturday afternoon and the following Saturday, we could never have expected the love we would receive from all our Vashon Island guests. Furthermore, we humbled and grateful by the gracious gifts they had given to our cause and mission. In all, we raised over \$6,000.00 from both meals. Their support compelled me to contribute additional dollars for us to round out the fundraising dollars to \$7,000.00 from the two meals on January 18, 2020.

We were all blown away with their love and support! \$7,000.00 will allow us to help seven families/individuals with rental assistance either in their first months' rents or security deposits, or cover more than 140 nights of emergency motel stays, or we will be able to host 28 meals this year. All of us were moved and our emotions ran high regarding their large financial gifts. It was a moving moment to witness.

But, most importantly, we appreciate the opportunity to share with the Vashon Islanders some of the work we do. As mentioned previously, we started Nest Mission about 14 years ago to give something back to the community. We all came to the United States with little to nothing. We all know what it's like to start from the very bottom of the society, however, we each had our own American dreams and we all worked hard to achieve our American dreams as individuals and as an ethnic group because someone has taken a chance on us by giving each of us an opportunity. We know what it's like to worry about not being able to provide for our loved ones with a roof or warm meals.

This is why we started this ministry. We have been the outcasts and at the bottom of the food chain in the United States, but, fortunately, someone took a chance on us and gave us opportunities. Nest Mission share this same vision—to provide hope and roadmaps for our community's outcasts, the homeless. Thank you to the Vashon Islanders for making their financial contribution be known in a big way. Their financial contribution will go a long way in ensuring that we can continue to do our job.

If you were moved by the mission of Nest Mission, we encourage and appreciate your continued financial support. We are a 501(c)(3) tax-exempt organization and all your financial contributions are tax-deductible. To make a financial contribution/gift, please write a check PAYABLE TO NEST MISSION and mail it to NEST MISSION, PO Box 5782, Lynnwood, WA 98046.