



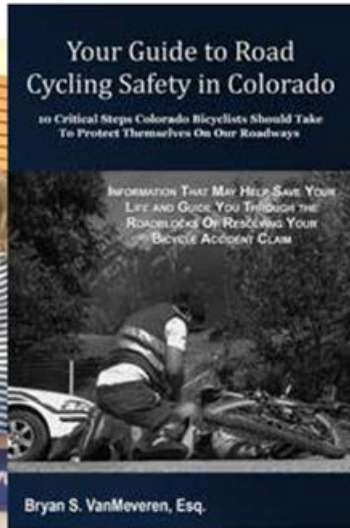
TRUSTED LOCAL LEGAL SUPPORT

LOCAL: 970-495-9741
TOLL FREE: 866-649-6775

NOVEMBER 2016

FOUNDATIONS 970

BIKE-FRIENDLY, BUT NOT BIKE-SAFE



in print. It's called "Your Guide to Road Cycling Safety in Colorado," and it contains useful information for anyone who has been in a bike accident and doesn't know what to do next. It covers the basics of a bike accident claim and is divided into two parts: The first describes cyclists' and motorists' rights and responsibilities, and the second is focused on what to do in an accident case.

With this handbook, I wanted to provide useful answers for anyone out there who is navigating through a traffic accident involving a bicycle. I've recently spoken to a few cycling

clubs and community service groups around town in an effort to share the resource with as many people as I can.

If you caught my last newsletter, you already know how much I care about cycling — not only as a sport, but also as a way to clear my head and de-stress. Since riding is such a big part of my life, I want to make sure the people in the cycling community here in Fort Collins are safe on the road and that they know about the law, their rights, and what to do in the case of an accident. The road could always be more bike-friendly, even in a place like Fort Collins. But until then, keep your defenses sharp, be alert, and stay safe out there.

- Bryan VanMeveren

I love living here. For anyone who likes outdoor activities as much as I do, you can't get much better than northern Colorado. I consider myself very fortunate to live in a bike-friendly area. The cycling community is really exploding here in Fort Collins, and it's also an increasingly popular destination for outdoor enthusiasts of all kinds. Of course, no great thing exists without its challenges, and while Fort Collins is becoming something of a cycling haven, there are still a ton of cars on the road.

People are generally bike-friendly here, but most people have to admit that they're also on their phones while they drive. Regardless of how much people love cyclists and want to share the road with their two-wheeled compatriots, we see a lot of very tragic accidents

due to distracted driving. The slightest drift can be devastating to a cyclist on the road. Unlike people in cars, cyclists are exposed, and it really doesn't take much for a car to cause serious injuries to someone on a bike. As a triathlete, I've dealt with every close call you can imagine at some point or another, and it's true that as a cyclist, you have to ride very defensively. It's critical.

I started writing a book earlier this year, and after a lot of fine-tuning, it's finally



WANT TO BENEFIT YOUR HEALTH? BE GRATEFUL!

Thanksgiving isn't just for a once-a-year holiday — it's something you can take part in every day if you choose. Do you have an attitude of gratitude? "Grateful people take better care of themselves and engage in more protective health behaviors," says UC Davis psychologist Robert Emmons. That means that beyond letting people know you appreciate what you have, your gratitude will do wonders for your own life.

Who wouldn't like to reduce stress? Being consciously grateful has that effect. Scientist Paul Mills says that grateful people feel more connected with themselves and their environments. "That's the opposite of what stress does," he says.

Dr. Emmons from UC Davis knows why: "Feelings of thankfulness," he says, "have tremendous positive value in helping people cope with daily problems, especially stress." In short, gratitude is good for a stressed-out mind.

It also has a profound physical effect on the body. A study by UC San Diego's School of Medicine found that people who are grateful have healthier hearts — especially when researchers looked at rates of inflammation and arrhythmia. They also found lower rates of plaque buildup in the bloodstreams of people who were consciously grateful. Heart disease is a leading cause of mortality in the United States and other nations. That means that gratitude is more than a good idea — it might be a lifesaver.

Gratitude boosts the immune system as well. Dr. Lisa Aspinwall, a psychologist at the University of Utah, says, "There are some very

interesting studies linking optimism to better immune function." These studies show higher white blood cell counts in people who demonstrate gratitude and optimism as compared to their more pessimistic peers.

How can you apply this to your own life? Gratitude is a hard thing to keep in mind, especially during tough times. Dr. Emmons recommends keeping a gratitude journal. His research shows these journals make people more likely to exercise regularly and have a positive outlook.

And take the time to thank other people frequently and sincerely. Did your co-worker take a big piece of a project? Let them know you appreciate it. By showing gratitude, you're doing both of you a favor. Make every day Thanksgiving, and be thankful — and healthy — with a gracious attitude all year long.



CLIENT TESTIMONIALS

“ After my husband was rear-ended and broke his back, dealing with the insurance company was a nightmare! His vehicle was totaled, he was in the hospital and rehab hospital for a time, and he was out of work for a long while. The insurance company was calling me every day, trying to get personal information and my husband's Social Security number. Be warned: Insurance adjusters are sleazy and deceptive. I interviewed several attorneys, and Bryan and Bill were kind, caring, and compassionate. After we turned over the case to them, we were able to relax, and my husband could recover. They kept me up to date with what was going on, and I never had to call them. They got a settlement that was fair, and we were happy with the compensation. ”



“ I couldn't give Bryan and his staff a higher recommendation. They handled my case with a sense of urgency and the utmost professionalism, and they truly looked after my interests. ”

Do you have a good story about our practice? Please visit our Google Plus page and tell us about it!

SQUARE ONE

ADVANCED SPINE CORRECTION



Few things impact your health and the quality of your life more than the health of your spine. When you have a spinal injury or problem, you want expert care. Square ONE has been in business since 2008 and works directly with leading experts throughout the world to bring the most progressive and researched nonsurgical spinal corrective treatments to Fort Collins.



Dr. Chris Gubbels D.C., C.C.W.P., is a specialist in treating trauma-related injuries, posture correction, scoliosis, and temporomandibular joint disorder, or TMJD. He has an advanced certification in chiropractic biophysics, which puts a primary emphasis on structural correction and restoring the spine to normal position using stretching, corrective exercises, traction (which holds the spine in a corrected position), and spinal adjustments. Additional treatments include massage therapy, medical weight loss, and scoliosis bracing.

Square ONE works closely with many medical specialists — chiropractors, physical therapist, surgeons, and dentists — and family physicians in northern Colorado. Dr. Gubbels frequently helps co-manage scoliosis, TMJD, and injuries from motor vehicle collisions. If you are interested in seeing if Dr. Chris and his team at Square ONE can help you, visit www.squareonehealth.com or call 970-207-4463 to schedule a free consultation.

Apricot and Wild Rice Stuffing

Ingredients:

- 10 tablespoons unsalted butter
- 1 (6-ounce) package wild rice
- 1 loaf sourdough bread, torn into pieces
- 1 onion, chopped
- 3 celery ribs, chopped
- 2 garlic cloves, chopped
- 1 cup dried apricots, chopped
- ¼ cup parsley, chopped
- 2 tablespoons sage, chopped
- 1 tablespoon thyme, chopped
- Kosher salt
- Black pepper
- 1 cup roasted walnuts, chopped
- 2 cups chicken stock

How to Make It:

1. Preheat the oven to 375 F and grease a 3-quart baking dish.
2. Cook rice according to package instructions and toast the bread on a baking sheet until dry.
3. In a large saucepan over medium heat, melt butter, then add onion, celery, and garlic. Stir until softened (8-10 minutes). Add apricots, parsley, sage, and thyme. Cook 1-2 minutes. Season with salt and pepper.
4. Stir in rice, bread, walnuts, and chicken stock. Transfer to baking dish and bake 35-40 minutes or until golden.

Recipe courtesy of tessadomesticdiva.com.

			6		2	7
5			3	2		9
					6	1
	7				5	
	6		4		3	2
9	5	1			8	6
	8	5				
1				3		
					3	5

Sudoku

6	7	4	2	8	1	3	9	5
1	5	9	6	4	3	2	7	8
3	2	8	5	9	1	6	4	7
9	3	5	1	2	7	8	4	6
8	1	6	9	5	4	7	3	2
2	4	7	3	6	8	5	1	9
7	8	2	4	9	5	6	1	3
5	6	1	7	3	2	4	8	9
4	9	3	8	1	5	2	7	6



2038 Caribou Drive #101
Fort Collins, CO 80525

Local: 970-495-9741
Toll Free: 866-649-6775
www.vanmeverenlaw.com



INSIDE

- Bike-Friendly, but Not Bike-Safe
PAGE 1
- Gratitude Is a Healthy Attitude
PAGE 2
- Client Testimonials
PAGE 2
- Square One: Advanced Spine
Correction
PAGE 3
- Apricot and Wild Rice Stuffing
PAGE 3
- Sudoku
PAGE 3
- Fort Collins All Aglow
PAGE 4

FORT COLLINS ALL AGLOW NOVEMBER'S MOST MAGICAL EVENTS

Downtown Holiday Lighting Ceremony

Friday, November 4, 5:30 p.m.
Downtown Fort Collins
Fort Collins, CO 80524

One of our favorite times of the year is almost here, and it's not official until downtown is lit up with holiday lights. The lighting ceremony is using LED light strands this year to illuminate the landscape with thousands of colored bulbs until mid-February. Come to Oak Street Plaza at 5:30 p.m. to enjoy music, cookies, and cocoa. They'll hit the switch 6:40, so be there to enjoy the first big glow of the winter season!

Fall Dance Concert

Special Guest: Ormao Dance Company
Saturday, November 12, 2-4 p.m.
University Center for the Arts
1400 Remington St.
Fort Collins, CO 80524

Love dance? Amazing contemporary and classical dance will combine in this concert for a night to remember! This beautiful performance features choreographer and artistic director for the Ormao Dance Company Jan Johnson. For tickets, go to csuartstickets.com. This event is free to Colorado State University students! Nonstudent admission will run you \$18 for adults and \$8 for children.

Leonid Meteor Shower Skygazing at Fossil Creek Reservoir

Friday, November 18, 7:30-9:30 p.m.
Fossil Creek Reservoir Natural Area
Viewing Pier
7574 S. Timberline Road
Fort Collins, CO 80526

The night skies are magical and mysterious, but we don't look up nearly enough! Come gaze at the beautiful Colorado night sky through telescopes provided by the Colorado Astronomical Society and learn about space from a new angle. This is a free event! Meet in the parking lot of the nature area and check naturetracker.fcgov.com for updates and registration information.