

SOUTH

2038 Caribou Drive, Suite 101
Fort Collins, CO 80525

OLD TOWN

123 North College Ave., Suite 112
Fort Collins, CO 80524

NOVEMBER 2020

Motor Vehicle
AccidentsBicycle
CollisionsMotorcycle
CrashesOther Personal
Injury CasesTypes Of
Injuries/Fatalities

Kids, Bikes, and Getting to School Safely

Parents of school-age children probably have fond memories of their own school days. That was back when they were able to bike to school every day in all but the worst winter weather. But for many reasons, they may have hesitated to give the nod for their own kids to cycle to school.

But during these fraught times, as the air quality and safety of school buses are being scrutinized, there is one question that deserves closer examination: Can kids bike to school safely?

There is no doubt that biking to school comes with many benefits. These include:

- Increased fitness opportunities
- Independence
- Enhanced coordination and balance
- Opportunity for social interaction with other kids who bike to school
- Boost to the environment from reduced carbon footprint

But children should not simply be given a bike and helmet and told to have a good ride. Instead, parents need to prepare their kids sufficiently so that biking to school becomes a safe activity. Read on to learn how you can help make their bicycle ride to school safer.

Plan a safe route (and an alternate one).

Before ever turning your kids loose to bike to school, parents should bike the route with them several times to make sure that it's safe and familiar. If your child plans to bike to school most days, you should also help them plot an alternate route in the event that their first choice is not viable due to traffic, inclement weather, or any other reason.

Encourage groups of kids to ride together.

When it comes to riding bikes, there is safety in numbers for children. Not only do groups of kids discourage adult predators from focusing on a single child rider, but groups of bicyclists are more visible to motorists than isolated riders.

Provide all the necessary gear.

While bike helmets are important for safe cycling, parents should never stop there and assume their kids are well-equipped. Kids who bike to school should also be prepared to deal with minor bike repairs, so make sure they carry a kit with a tire pump, patch kit, and even a folded spare inner tube.



Your child's bike should also have a light, reflectors, and a bell or horn. Kids should wear either light-colored reflective gear or a vest over their street clothes to help increase their visibility to drivers. Your child should also have a sturdy lock to secure their bike during school hours. Also, make sure that their school has a designated place to park the bikes once the kids arrive on campus.

Understand how most biking accidents happen.

Intersections are universally dangerous for cyclists of all ages. But children have a smaller profile than adult bike riders, so they are especially vulnerable to being overlooked by motorists. Make sure that they know and understand the cycling laws here in Larimer County. If your child is injured while biking to school, as their parent, you will need to be their legal advocate to ensure that they receive compensation for their injuries and other damages.

In recognition of how important bikes are in our community, VanMeveren Law Group has partnered with Bike Fort Collins to provide an entire second grade class with new bikes and helmets. In October, our team helped assemble and deliver bikes to the group of deserving kids. To learn more about Bike Fort Collins and their efforts to bring more bikes to our community, be sure to see our Page 3 article.



-Bryan VanMeveren



A Season for Cozy Feet

3 Steps to Find Your Perfect Pair of Winter Boots

Winter is on the way, so if you don't have a pair of sturdy boots on standby, now is the time to make the purchase. However, that's easier said than done. With all of the boot options out there, it can be tough to know which pair is right for you. If you're struggling to match a boot to your lifestyle, use this step-by-step guide next time you shop.

Step 1: Consider Your Weather

If your area gets 3-foot snow drifts and sub-zero temperatures, you'll need a different seasonal boot than someone who lives in Florida will need. The weather will impact two facets of your boot choice: height and insulation. Most hiking boots are 6 or 7 inches tall. If you'll be wading through snow, look for taller options, like the 11-inch Steger Mukluks or 15-inch Bogs Classic High. When it comes to insulation, you'll want more if the weather is frigid. Insulation starts at around 200 to 400 grams for mid-weight boots according to SwitchbackTravel.com and runs up to 1,200 grams for serious work boots. Some boots also come with temperature ratings, which can help point you in the right direction.

Step 2: Evaluate Your Activities

What do you like to do in the winter? Are you a hiker? Do you spend the weekends ice fishing, or will you only brave the ice in parking lots? These questions can help determine how much warmth, traction, and waterproofing your ideal boot will need. If you love to be outdoors, look for snow boots that are waterproof rather than water-resistant and are considered "hiking ready." These will have more traction and protection than stylish models. Your activities should also factor into your insulation choice. If you live in a cold area but don't spend much time outside, a heavily insulated work boot like the Cabela's Predator Extreme might be overkill.

Step 3: Select Your Style

Last but not least, your boots need to look appealing! There's no point in buying practical, sturdy boots if you consider them too ugly to wear. What will look best with your winter wardrobe? Do you want fur or no fur? Classic black or a fun color? Be sure to consider these things before you buy.



Our Clients Say It Best

"The team at VanMeveren Law Group was exceptional! Jolene Blair far exceeded my expectations!"

"Jolene was genuine in nature from the beginning as well as firm and directive; I had no doubt she'd get the job done. In our first meeting, she laid out everything very clearly: verbally and written. There was no guesswork, and that was exactly what I needed when I was in such an overwhelming space and complicated position. I knew I could expect an excellent job done by her. What I wasn't expecting was her extreme thoroughness and follow-through. She called every week to check in while giving direction, guidance, and support (impressive!). I was also impressed that every detail throughout my case was given equal importance; there was never a time that I felt I couldn't reach out to her, nor that she would not reply fairly promptly."

"We created very quickly an excellent working relationship. Building a rapport with her just came naturally, which was really key when I was handling so many other issues related to my car accident."

"I really cannot say enough about Jolene Blair's work ethic, effectiveness, and knowledge to fight and advocate for me as a client, as I'm certain is the standard for all of her clients. Through such a difficult time, it was truly an absolute joy to work with her; and I would highly recommend Jolene Blair and her team — they got the job done!"

-Audrey Catherine



WHAT SOME PEOPLE ARE SAYING

Pedal Power and Giving!

Bike Fort Collins Brings More Bikes to Area Kids — You Can Help, Too!

Few things go together quite like kids and bikes. Not only are bikes a great way for kids to get the physical activity they need, but they are also a great way to get to school, and biking is an excellent social activity. In an effort to bring more bikes to area kids, Bike Fort Collins and Wish for Wheels have partnered to bring bikes and helmets to every low-income second grader in the Poudre School District. That's over 400 kids!

Anyone can give, and there are three ways to participate.

1. You can help by funding new bikes and helmets. Every \$150 brought in pays for a new bike and helmet. The goal is to bring in about 25 bikes and helmets for each class. Donations are completely tax-deductible.
2. There is also a bike building event at the Foothills Mall in October. Keep in mind, however, that by the time you read this, the build event may have already taken place. Check the organization's website for updates: BikeFortCollins.org/wish-for-wheels-foco.
3. Bike Fort Collins is also looking for volunteers to help deliver bikes and helmets to kids. Again, be sure to check the website for full details.

This campaign will help ensure more kids get physical activity, especially in the light of the COVID-19 pandemic. It's been a challenging year for everyone, including kids,

many of whom have not gotten the social engagement and physical activity they need. Here are a few stats courtesy of Bike Fort Collins:

- **Bikes equal more connection to outdoors and other kids:** School was a resource for connectivity, peers, and support, but online classes reduce that connection.
- **Bikes equal less screen time:** Screen time is up 60% to 11.2 hours a day since March.
- **Bikes equal more routine and exercise:** Only 1 in 5 kids has met the daily recommended amount over the past six months.
- **Bikes equal enhanced development:** Lack of play has severely impacted kids' psychosocial development this year.

See BikeFortCollins.org/wish-for-wheels-foco for complete details!



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Solution

Sinfully Sweet Butternut Squash

Inspired by WellPlated.com

This butternut squash, oven-roasted and caramelized to perfection, could almost pass for dessert. You'd never guess it's a dish loaded with vitamins and antioxidants!

Ingredients:

- 1 large butternut squash, peeled, seeded, and cut into 1-inch cubes
- 1 3/4 tsp kosher salt
- 1 1/2 tbsp olive oil
- 3/4 tsp cinnamon
- 1 1/2 tbsp maple syrup
- 1/2 tsp black pepper
- 1 tbsp fresh rosemary, chopped

Directions:

1. Preheat oven to 400 F, placing the two oven racks at the top and bottom of the oven. Then grease two baking sheets.
2. In a large bowl, combine squash cubes, olive oil, maple syrup, salt, and spices. Toss to coat, then spread mixture in a single layer over the baking sheets.
3. Place both pans in the oven and bake 15 minutes. Turn the cubes with a spatula and return them to the oven, swapping them to different racks. Continue baking 10–15 minutes until tender.
4. Sprinkle with rosemary and serve!



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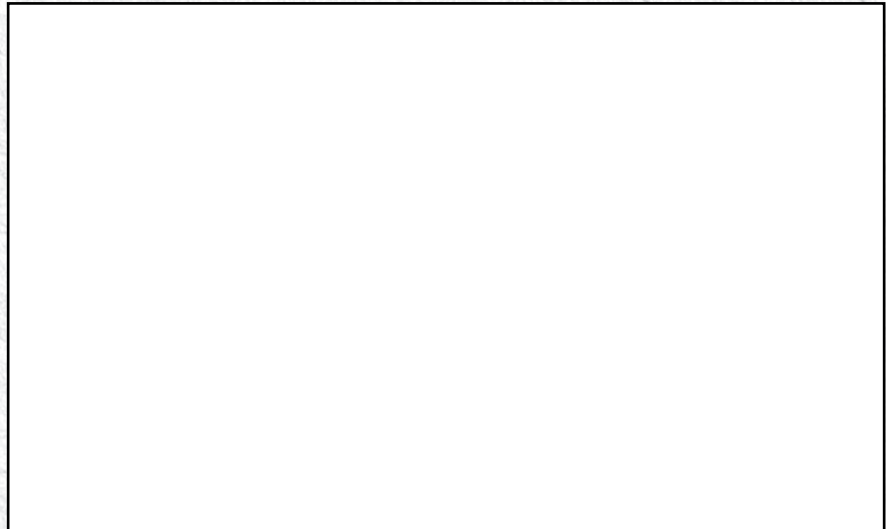
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We're Thankful for These Fall Events

Downtown Holiday Lights

Nov. 1–Feb. 14

Downtown Fort Collins

The holiday lights are back! While numerous events have been postponed or canceled, the downtown holiday lights are returning, although viewing them will be a little less social than in years past. The holiday lights are one attraction you can easily enjoy while social distancing. If you're like most people, you're likely looking for an excuse to get out and about. This is a great way to spend an evening with family and friends. Be on the lookout for many events sponsored by downtown businesses through the season. Learn more about this free event at DowntownFortCollins.com/event/downtown-holiday-lighting-ceremony.

Santa's Shopping Quest

Friday, Nov. 27–Sunday, Dec. 13 (tentative)

Downtown Fort Collins

Once Thanksgiving is over, the shopping begins. While there will be changes to this year's shopping rituals (for example, many stores will not be having Black Friday sales), stores will continue to open their doors to customers. You can expect many sales and specials in the weeks following Thanksgiving. Many downtown shops are also expected to participate in Downtown Santa's Shopping Quest, which is all about finding the "hidden" Santas in each of the participating stores. You can find all the details here DowntownFortCollins.com/event/santas-shopping-quest. Keep in mind this event may be canceled, so watch for updates!

Sweaty Sweater Race

Saturday, Dec. 12 (tentative)

Anheuser-Busch Brewery

Many area runners have been waiting for the next in-person race and the Sweaty Sweater Race may be just the ticket. As of this writing, the 4-mile race may go virtual or it may be both in person *and* virtual. This is a great race for anyone who just wants to get out and stretch their legs or try to beat their personal best. Should the event remain in person, the ugly sweater contest will take place following the race at approximately 10:30 a.m. For all the details, including event updates, see FrontRangeFreeze.com/sweaty-sweater-race.

