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Time to Truly Embrace the Winter Season

3 EVENTS TO GET YOU OUTSIDE

With the holiday season behind us, it's time to embrace winter. These three activities will get you outside enjoying the fresh, cool air. From hiking to winter games, there is something for everyone to enjoy this January!

First Day Hikes

State Parks in Colorado
Jan. 1, 2022
Free, but visitors must have a park pass
CPW.State.CO.us/FirstDayHikes

First Day Hikes is a nationwide event that encourages people to get outside. There will be free guided hikes that the entire family can enjoy. The distance and rigor of each park will vary, so be sure to check which park will be best for your family. Enjoy the winter scenery, but don't forget to dress in layers! Also, make sure to stay hydrated. Warm water is best for chilly hikes because it will warm you up. If you thought about leaving your sunscreen at home, think again! You can still catch some rays from the sun reflecting off of the snow.

Winter X Games

Aspen and Snowmass
Village, CO
Jan. 28-31, 2022
Free
AspenSnowMass.com/
Visit/Events/X-Games-Aspen

Get ready for the thrills of the Olympics at Winter X Games in Aspen — one of the most popular events in Colorado! You will have a chance to see some of the world's best athletes compete in competitions such as skiing, snowboarding, and snowmobiling. This three-day event is free to attend with proof of full COVID-19 vaccination. The fun starts at 11 a.m. on Thursday, Jan. 28.

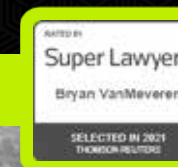
Rio Frio Ice Fest

Alamosa, CO
Jan. 29-31, 2022
Event fees vary
RioFrioIce.com

The San Luis Valley is packed all weekend with fun winter activities such as the Rio Frio 5K, ice carving and sculptures, an icy bonfire, the Polar Plunge, and an ice carousel. On Friday, hit the slopes at the Cattails Golf Course. The Rio 5K will be on Saturday starting at 10 a.m.; you will be racing along the frozen Rio Grande River. The fun continues on Sunday with bike races and the Polar Plunge. This event raises funds for the Special Olympic athletes as they train and achieve sports goals in their community. You will have the chance to dip into the icy waters of the Blanca Vista Pond or cheer on the ones brave enough to do it.



JANUARY 2022



Celebrate America With These 2 Books!

WHY JANUARY IS PERFECT FOR THESE JEFF SHAARA CLASSICS

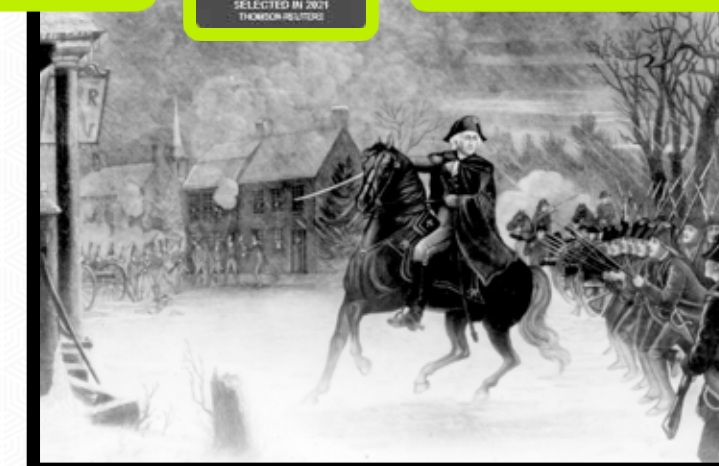
We're far from summer nights, grilled hotdogs, and the excitement of sparklers and fireworks, but in January, we have quite a few reasons to celebrate our country's founding.

It starts with Jan. 10, which is the 246th anniversary of Thomas Paine's "Common Sense." Many historians credit the publication of this pamphlet with "turning the tide," so to speak, for many colonists who began to resist British rule. Just seven days later, we celebrate Benjamin Franklin's birthday. As a Founding Father, inventor, and pioneer in the printing industry, we owe a lot of the freedoms and modern innovations we enjoy today to Franklin, his mind, and the people he collaborated with to make it all possible.

All of this history reminds me of two great books I recently read, both by Jeff Shaara: "Rise to Rebellion" and "The Glorious Cause." I recommend both to any history buff or book worm looking for a better way to understand the American revolution — from both sides — and to escape into a fictional world set against the backdrop of very real drama. (Jeff Shaara inherited his father's writing talent. While Michael Shaara, Jeff's dad, primarily wrote about the Civil War, Jeff has focused on the American Revolution.)

I wouldn't consider myself a history buff; in fact, these books and the opportunities we have had to travel east for my daughter's lacrosse games are what have sparked the interest in the knowledge I do have of American history. Actually, I'm more interested in Native American history and typically find myself reading about that genre. Yet, I believe that regardless of your preferences, it's hard not to get sucked into the spirit and inspiration Jeff Shaara creates in his books.

This month, as we continue through winter, I suggest spending some time with "Rise to Rebellion" and "The Glorious Cause." They are both great escapes into a new world, and I finished each with greater understanding of our nation and the key players who made it a reality. I really enjoyed reading the various perspectives, from George Washington to the leader of the British Army, Charles Cornwallis. I was also fascinated by the conditions in which the colonists lived during the revolution and the many, many



sacrifices each side made while fighting. It was a really powerful re-telling of history.

If you're interested, here's what you can expect!

It all starts in "Rise to Rebellion," which follows the beginning of the American Revolution and the methodologies used by the earliest settlers in the colonies to band seemingly separate regions together to fight against the British. Jeff Shaara takes readers through the minds and approaches of key figures in this era, including John Adams, George Washington, and Ben Franklin, cultivating greater understanding of the men who turned from leaders to revolutionaries.

The next book is the culmination of everything set up by "Rise to Rebellion," and we return to the lives of some of the biggest figures of this time. In "The Glorious Cause," readers are provided with the dramatic details of the hard-fought battles of the American Revolution, the incredible trials and tribulations of George Washington and leads readers through the aftermath it created both in the states and across the globe.

I hope you find just as much joy and pride in reading these books as I did. This month's historical significance is the perfect time to learn more about our nation. I'm always looking for a great book to read, too. If you have a suggestion, please let me know.

Enjoy this momentary escape this January!

-Bryan VanMeveren



Teach Your Children to Set Goals

4 STEPS TO SUCCESS

This new year, teach your children how to set healthy, achievable goals.

Start by sharing your goals. Without even realizing it, children often mimic the actions of the adults around them. So, share your goals with your child, and explain how you plan to achieve these goals. Then ask your child to do the same. It can be as big as moving up three grade levels in reading or as small as beating a video game. Foster these ideas within your child so they will set one of their goals and have a positive experience when they achieve it.

Create next steps together. If you want to have more energy in the new year, what steps will you take to achieve that goal? Ask your child to consider the same question in regard to their objectives. If their goal is to finish a certain video game, how will they improve their current game play? What can they do to earn more video game time? Are there learning tools that can help them accomplish this? Teach them that achieving a goal is about so much more than desire; you have to put in the work to accomplish it, too!

Focus on keeping it small. If you want to encourage your child to achieve their goals, then create smaller tasks that teach them the value of finishing something. For example, start and complete an arts and crafts project or game together to show your little one the value of finishing what they start. Then, slowly work your way up to the big goal. Maybe that's cleaning their room without unnecessary detours or finishing their homework on time.

Finally, celebrate! This is important. Acknowledge the wins that both you and your child have throughout the year. For example, if they want to be a better reader, celebrate whenever they finish a book. This will encourage them to keep going. And even if they do fail, honor their effort. Remind them that putting in the effort, regardless of the outcome, is powerful, too.

For more tips on how to teach your children to set and keep goals, visit Parents.com.



'Nothing But Praise'

OUR CLIENTS SAY IT BEST

"While working with the VanMeveren Law Group and being represented by Troy and Amy, there was always a great feeling of reassurance and care. The response time and effort made from this company really helped me get through even the toughest of days. From the first meeting to the time of closure, the professionalism and compassion shown by the staff leaves nothing but praise from myself. I believe there was no better team to have by my side. I highly recommend Troy, Amy, and the entire VanMeveren staff for their comprehensive work, and I will forever be grateful for their assistance."

-Vince O.

SUPPORT YOUR LOCAL ANIMAL FRIENDS

Meet Mop!

We have seen the ways in which our community has banded together to greater a stronger region for everyone who lives, works, and recreates within Fort Collins. At VanMeveren Law Group, we're honored to be part of the local effort to create tighter bonds across all members of our community.

One such special partnership is the one we share with the Animal Friends Alliance. Founded two years ago this month, the alliance is a joint effort between Fort Collins Cat Rescue & Spay/Neuter Clinic and Animal House Rescue & Grooming to provide quality shelter care to homeless and in-need animals. Its space is limited to ensure no pet within their facility receives less than the humane, loving treatment they deserve.

This mission means there is a huge need to find the right homes for the pets the alliance cares for. So, if you're looking for a furry friend, you can visit adoptable pets at the alliance's shelters at 2321 E. Mulberry St., Ste 1 or 2200 N. Taft Hill Rd.

(The alliance is also accepting funds to expand one of its shelters. You can donate today or visit them online at SavingAnimalsToday.org to learn more about events that support this cause.)

The best part about our partnership with the Animal Friends Alliance? Seeing all these adorable and adoptable pets! This month's featured pet is no different.



Warning: Mop's big, sweet eyes will suck you in immediately, but you won't regret it. This lovable pup is a scruffy Jack Russell terrier mix, weighing in at just 15 pounds. She's 4 years old and loves to snuggle up next to her family with her favorite squeaky toy. Mop seems to get along with cats, but she really loves playing with dogs around her size! She's currently receiving a lot of love in a foster home, but she is ready to find her permanent home.

If you would like to learn more about Mop, please call 970-484-8516 or email Adopt@SavingAnimalsToday.org. You can find other adoptable pets at SavingAnimalsToday.org.

SUDOKU

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Solution

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

Black Bean, Mango, and Avocado Salad

Live up your healthy eating this year with this Latin-inspired, flavor-packed recipe!

Ingredients:

- 1 small mango, skinned and chopped
- 1 avocado, chopped
- 3/4 cup cherry tomatoes, halved
- 1 red chile, seeded and chopped
- 1 medium red onion, chopped
- 2 cans black beans, drained
- Cilantro, chopped and to taste
- 1 lime, for zest and juicing

Directions:

In a large bowl, mix the ingredients together. Serve and enjoy!

Inspired by BBCGoodFood.com

