



VANMEVEREN

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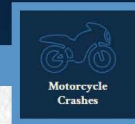
SOUTH

2038 Caribou Drive, Suite 101
Fort Collins, CO 80525

OLD TOWN

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

APRIL 2020



Attorney Bryan VanMeveren Elected to Super Lawyers!

We are proud to announce that Attorney Bryan VanMeveren has been elected to join Super Lawyers in 2020!

Super Lawyers is a rating service that helps connect people with top-rated attorneys. The service only lists attorneys who have received a high level of peer recognition and professional achievement. In order to become a part of Super Lawyers, each attorney must go through a selection process, which includes independent research, peer nominations, and peer evaluations.

Super Lawyers is both a magazine and website, which you can find at SuperLawyers.com. There, you can search for lawyers for just about anything you need. The website features attorney profiles, which include a bio and a short history of each attorney. It's basically an information hub about your attorney of choice. You can use the information to determine which lawyers are a match for your needs, and all their contact details are right there.

In Bryan's profile (which you can find simply by searching "Bryan VanMeveren" on SuperLawyers.com), you will find his background, practice areas, and other professional and academic details, as well as reviews — all which can serve people well when they look up an attorney. It's good to know who you might work with before you make that first phone call or schedule a consultation.

These days, reviews count for a lot. As consumers, we read reviews for everything from gadgets to service providers, such as banks or internet service providers. And though there aren't often many choices when it comes to



picking an internet provider, there are a lot of choices when it comes to choosing an attorney. If you do a simple Google search for an attorney in your area, you are going to get a lot of results immediately, and it can be a challenge to sift through them all.

Doing preliminary research on a prospective attorney is one of the biggest steps you can take in the process of hiring an attorney. You always want to make sure the person you may hire does, in fact, have your best interest in mind. When you begin the research process, simply looking at Google reviews and Avvo.com can help you get a good sense of the attorney and their firm. These websites serve as good starting points to help you narrow your search down to the attorney who is right for you.

Calling for a consultation is the next best step. You may end up consulting with two or three attorneys before you find someone who is going to represent you and your case with professionalism and the utmost integrity.

VanMeveren Law Group offers a free consultation because we know not everyone we meet with will be a good fit for our firm — we may not specialize in the practice area

they need help with, for example — and we believe that you should never have to worry about getting a bill from a firm you never worked with.

As always, if you or a loved one is in need of a personal injury attorney, we are here and ready to help. And if you are ever curious about what our other clients are saying about us, you can find our many reviews online via Google, Avvo, Facebook, and Super Lawyers. And if you have been a client of ours and haven't yet left a review, we would appreciate your feedback.

The Age of Stress

Helping Your Child Overcome Anxiety



It's hard to imagine kids as anything but carefree, happy, and eager to explore the world around them. However, children experience stress just like adults do, which can severely impact their typically cheerful dispositions. Since April is National Stress Awareness Month, now is an opportune time to familiarize yourself with tools and information that can help you alleviate your child's stress.

What are their stressors?

Any number of everyday factors can lead to stress, and stress can plague anyone who feels overwhelmed. Toddlers and young children going to day care or school for the first time may experience separation anxiety due to being apart from their parents. Older kids and teenagers may feel mounting social and academic pressure. Even something as simple as overhearing loved ones arguing or seeing a sad news report can add to a child's stress levels.

How do I know if my child is stressed?

When a kid is stressed, they will exhibit odd behavior and even undergo physical changes. Depending on your child's age, watch for mood swings, changes in sleep patterns, headaches, trouble focusing, or withdrawal from the people around them. According to KidsHealth.org, younger children may also pick up habits like twirling their hair or sucking their thumb, while older kids may start to bully others, lie, or rebel.

Can I help reduce their stress?

According to KidsHealth.org, good nutrition, proper rest, and healthy attention are great ways to help kids manage their stress. Set time aside each day to talk and spend time with your children; talking about worries will reduce or relieve anxieties. If you know about an upcoming stressful situation, like a school exam or a health checkup, prepare your child by studying with them or talking to them about what to expect.

Don't stop here. For more tools and information regarding stress reduction in children, visit KidsHealth.org or contact your doctor.



Our Clients Say It Best

WHAT SOME PEOPLE ARE SAYING

"When, my wife, my two grandchildren, and I were involved in a traffic accident that wasn't our fault, we weren't sure where to turn. We researched online and were impressed by the reviews of the VanMeveren Law Group. We met with Bryan VanMeveren and Leah Hopkins and were immediately impressed with their empathy for us and their knowledge of the civil process. Leah handled everything professionally and was invaluable in navigating the insurance maze. She was always available to answer our questions and concerns and returned our calls and emails promptly. We can't thank her enough for being our advocate. It was so reassuring she was on our side. She made the process as painless as possible, and there is no way we could have done this without her!"

-Robert Hendry



A High Level of Health and Surgical Care

Orthopaedic & Spine Center of the Rockies

We live and work in a place where state-of-the-art health care is just around the corner. The Orthopaedic & Spine Center (OSC) of the Rockies has been serving Colorado, Wyoming, and western Nebraska since 1969, and they're located right here in Fort Collins, Loveland, and Greeley.

OSC features a team of orthopedic surgeons, spine surgeons, sports medicine physicians, podiatrists, and a neuropsychologist for sports-related concussions. Their team has received advanced training, and their orthopedic surgeons are board-certified by the American Board of Orthopaedic Surgery. This team specializes in a number of care areas, including:

- Foot and ankle
- General orthopedic
- Hand and upper extremity
- Hip and knee joint replacement
- Hip scope surgery
- Knee disorders
- Pediatric orthopedics
- Podiatry
- Shoulder disorders
- Spine, back, and neck
- Sports medicine (surgical and nonsurgical)
- Sports concussions



- Trauma and fractures
- Physiatry

This team specializes in medical care and surgery and offers physical therapy from a team comprised of physical therapists, occupational therapists, and certified athletic trainers at their Fort Collins and Loveland locations. It's comprehensive care. For a complete look at Orthopaedic & Spine Center of the Rockies services, see OrthoHealth.com.

Orthopaedic & Spine Center of the Rockies

Fort Collins Location
2500 E. Prospect Rd.
Fort Collins, CO 80525

970-493-0112
OrthoHealth.com



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Solution



Beet, Goat Cheese, and Arugula Salad

Inspired by FoodNetwork.com

This crowd-pleasing dish is sure to be the biggest hit at your next gathering. And it's good for you, too!

Ingredients:

- 1/4 cup balsamic vinegar
- 3 tbsp shallots, thinly sliced
- 1 tbsp honey
- 1/3 cup extra-virgin olive oil
- Salt and pepper to taste
- 6 beets, peeled and quartered
- 6 cups fresh arugula
- 1/2 cup walnuts, toasted and chopped
- 1/4 cup dried cranberries or cherries
- 1/2 avocado, cubed
- 2 oz crumbled goat cheese

Directions:

1. Heat oven to 450 F and line a baking sheet with aluminum foil.
2. In a medium bowl, combine vinegar, shallots, and honey.
3. Gradually whisk olive oil into the mixture and season with salt and pepper.
4. In a small bowl, toss the beets in dressing until they are coated.
5. Place coated beets on baking sheet and roast them for 12 minutes. Set the beets aside and allow them to cool.
6. In a large bowl, toss arugula, walnuts, and berries with the remaining vinaigrette. Season with salt and pepper.
7. Top salad with beets, avocado, and goat cheese.



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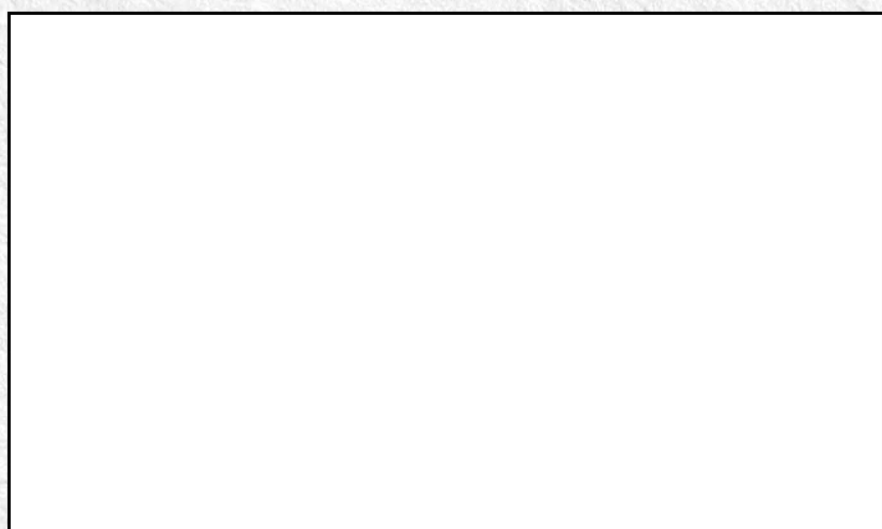
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Spend April Running Around Fort Collins

Loveland Classic 5K & 10K

Saturday, April 11

The Lakes at Centerra

This kid-friendly event, with two full races to choose from, means there's a lot to like about the Loveland Classic. Both races take participants around The Lakes at Centerra and offer energizing views of the water and surrounding areas. Whether you walk or run, this race is a great way to spend the morning — and Easter weekend — with the family. Event details, including directions and registration information, can be found at LovelandClassic.com.

Horsetooth Half Marathon

Sunday, April 19

Holiday Twin Drive-In (Start), New Belgium Brewing (End)

In the 47th Horsetooth Half Marathon, racers begin at Hughes Stadium, run along Centennial Drive next to the Horsetooth Reservoir, then finish on a downhill trail to New Belgium Brewing. Though the course features a lot of uphill trekking, it's still a great race for everyone from novices to experts. You can find complete details and registration at Horsetooth-Half.com.



'She Kills Monsters'

Evenings: April 24, 25, 30, & May 1-2; Matinees: April 26, May 3

University Theatre, University Center for the Arts

Fantasy role-playing games, like Dungeons & Dragons (D&D), are more popular than ever. They've recently experienced a resurgence thanks to media like "Critical Role," "The Adventure Zone," and even "Stranger Things." The celebration of all things D&D extends to the stage with "She Kills Monsters," a comedic, action-adventure story that has received many accolades since its debut in 2011. Whether you're familiar with D&D or you just enjoy compelling stories, "She Kills Monsters" has something for everyone. See more at Theatre.ColoState.edu/events.