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Soft Cheese, Laser Beyoncé, and the Equinox

Soft Cheese Making

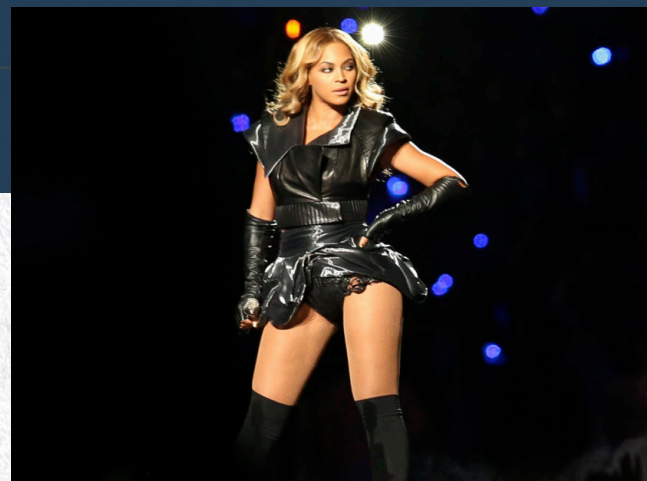
Saturday, Feb. 16 and Wednesday, March 6
Farm Fusion

Just last year, a new farm-to-table cooking studio opened in Fort Collins. They're part of a growing trend of cooking studios around Fort Collins. This month, they are offering a number of classes centered on cheese. Learn to make your own cheese — in this case, three different types of soft cheese. Of course, if cheese isn't your thing, you can find more classes on their website (FarmFusion.org). You can register for any class on their website as well.

LaserDome Beyoncé

Friday, Feb. 22
Fort Collins Museum of Discovery

FCMoD's LaserDome is bringing in the music. This February, rock out to Beyoncé (or Queen, if that's more your speed), and immerse yourself in the spectacle of light and sound in the LaserDome. It's a way to experience your favorite tracks unlike any other. Learn more about the LaserDome and see the full schedule of artists at fcmo.org/events/category/film/laser.



Spring Equinox Half Marathon & 4 Mile

Sunday, March 24
The Biergarten @ Anheuser-Busch Brewery

It's still a ways off, but you can get a jump on registration for the annual Spring Equinox Half Marathon and 4 Mile. It's the perfect way to get out and celebrate spring. Just like years past, you can choose between a half marathon and a 4-mile race. Both races feature paved and dirt roads around the brewery. The half marathon starts at 9 a.m. and the 4-mile starts at 9:05 a.m. For more info and to register, check out EquinoxHalfMarathon.com.



FEBRUARY 2019



What Drives You?

As we take our first steps into 2019, it's only natural to want to start the year with healthy habits and positive goals. Every day, I strive to give my very best to my family, my clients, and the kids I coach.

While there is a lot I want to accomplish this year, I don't have any *new* goals for 2019. There's so much I work on continuously. I want to improve as a husband, parent, attorney, coach, triathlete, and mentor.

To accomplish these things and continuously improve, I've immersed myself in obtaining as much knowledge and wisdom as possible on the topic of personal growth, as well as developing a top-notch serious injury firm. This is something I've been doing for the past few years.

As a result, I've been doing a lot of reading. There are a lot of great books written by a diverse set of folks who have incredible stories to tell. Through these stories, I've learned how to expand my own horizons and what steps I can take to achieve the goals I've set for myself.

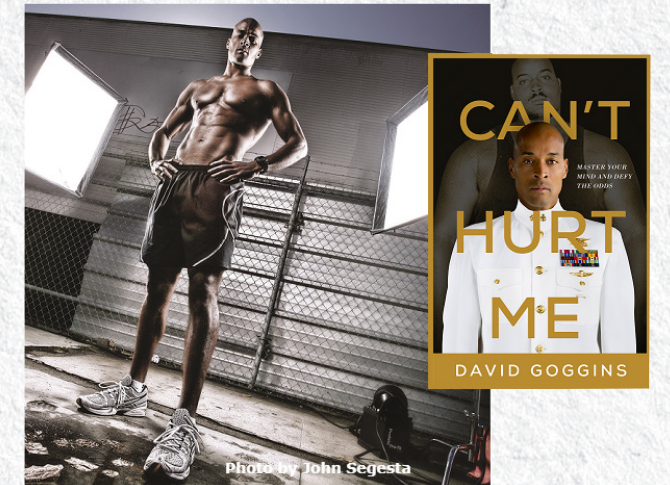
If you are looking for more insight into personal growth, I've distilled my own reading list down to five books I fully recommend:

- "Can't Hurt Me" by David Goggins
- "Start With Why" by Simon Sinek
- "Never Split the Difference" by Chris Voss
- "Extreme Ownership" by Jocko Willink and Leif Babin
- "Radical Candor" by Kim Scott

Each book offers something different and worthwhile, but I have to say one book, in particular, really resonated with me over the past few months. It's the story David Goggins shares in "Can't Hurt Me."

Goggins is a retired Navy SEAL who defied serious odds to join the SEALs. He's also the only person to complete U.S. Army Ranger School and Air Force Tactical Air Controller training in addition to his SEAL training. In the end, he built up an incredible resume.

But Goggins' story starts way before that. He had an awful childhood, growing up with abuse and in absolute poverty. He battled depression and obesity before applying to the U.S. Air Force Pararescue, which he was denied entry into twice (for failing the Armed Services Vocational Aptitude Battery test). He passed the third time to begin his military career, and today, he's called the "toughest man alive."



I was so inspired by Goggins' story that I did my own "Can't Hurt Me" routine on New Year's Eve. It's a routine based on one that pushed Goggins further. Here's what I did: Over a 24-hour period, I ran 26.2 miles. It was broken into six runs at 4.36 miles each. The final leg was at 4 a.m. in balmy 4 degree weather. I completed it and looked ahead to the next challenge.

My point is that we're all capable of so much more that we often realize. I hope everyone strives to achieve their next personal best. Pushing your mental and physical limits is never easy, but it's always worth it. Each time you push your limits, you are left with more clarity and focus in your life.

As you kick off 2019, think about taking on a new challenge or try to improve on something you never thought you could. As I look ahead to 2019, my goal is to provide the best client service possible for every injured victim that walks through the doors of VanMeveren Law Group. My other big goal of the year — which I've been working toward for some time — is to break the all-time Ironman New Zealand age group record.

Let's make this a great year, and don't forget to ask yourself, "How bad do you want it?"

-Bryan VanMeveren

What Do You Really Know About Groundhog Day?

3 Myths About Our Favorite Furry Meteorologist

Despite the fact that most, if not all, meteorologists place little value on a furry marmot's ability to predict an early spring, the annual tradition of Groundhog Day is still one that millions of people love to celebrate. Because it is based more on folkloric legend than scientific evidence, Groundhog Day is associated with shams and spoofs of varying degrees. There are many myths regarding the tradition as well as the famous Punxsutawney Phil himself.

Myth 1: The predictions are accurate.

Many event-goers put a lot of faith in Punxsutawney Phil's predictions. Unfortunately, he is more likely to be wrong than right. According to studies based on Phil's predictions and the weather patterns that follow, it seems Phil's predictions receive an accuracy rate of only 39 percent.

Myth 2: Groundhog Day is harmless.

Much like humans, most groundhogs don't like being suddenly jostled out of their sleep. Their frustration often leads to them biting their handlers. For this reason, the handlers usually wear heavy gloves to protect themselves. However, that isn't always enough of a precaution to ensure everyone's safety. In 2009, New York Mayor Michael Bloomberg was bitten through his glove, and subsequent Mayor Bill de Blasio dropped his groundhog in 2014.

Myth 3: Phil is the only famous rodent.

While Phil is probably the most well-known ground-dwelling meteorologist, he is not the only groundhog with weather predicting abilities. For example, General Beauregard Lee is the weather predictor for the city of Lilburn, Georgia. Staten Island Chuck takes care of the New York territory, and Lancaster, Pennsylvania, has three groundhogs of its own, which is probably due to its rich Pennsylvania Dutch history. Canada has even started a Groundhog Day tradition with Shubenacadie Sam in Nova Scotia and Balzac Billy in Alberta.

Even though Groundhog Day is a holiday based on many myths, it still provides a great time for event-goers all across the world. You might not be able to fully trust Phil's predictions, but the superstition and mystique associated with this unique and festive day make it one you shouldn't skip out on.

▶ Our Clients Say it Best

WHAT SOME PEOPLE ARE SAYING

From the moment I entered the offices of the VanMeveren Law Group, P.C., I was immediately greeted with a highly competent and professional team. After a thorough informational meeting with Bryan VanMeveren, Jolene Blair was assigned my case and I could not have asked for a more dedicated, detailed, knowledgeable, and precise individual. She was professionally relentless and determined to make sure that I was treated fairly and compensated accordingly. I was extremely fortunate to have her on my side and would highly recommend her to anyone in need of a personal injury attorney. Thank you so much for everything, Jolene, you were truly awesome!

—Betty




Capturing Memories One Video at a Time

I'll admit, this month's business recommendation is a little self-serving. But when a local business does good work and dedicates themselves to their clients, they are worth mentioning.

This month's spotlight is on Chloe VanMeveren Videography. Full disclosure: Chloe VanMeveren is, as you might have guessed, my daughter.

Chloe has done a lot of work for clients in Fort Collins and around the region. She works with businesses, brands, and individuals, capturing their events on camera.

There's always something to be said for professional videography. It can really bring events to life for the people who were a part of the event and for those who experienced the event through the power of photo and video.

With wedding season coming, a lot of folks are thinking about how they want their memories captured and preserved for decades to come. When you're partnered with a professional videographer, you can trust that those memories will be captured and transformed into something extraordinary.

To learn more about Chloe VanMeveren Videography, visit her website at **Chloe-Creative.com**. There, you'll find highlight reels, wedding samples, and reviews, so you don't have to just take my word for it!



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Solution is on page 4.



Ingredients:

- 1 8-ounce boneless, skinless salmon fillet
- 1 tablespoon fresh lime juice
- 1/4 teaspoon lime zest
- 1/4 cup cucumber, seeded and finely diced
- 1 1/2 teaspoons jalapeno peppers, seeded and minced
- 1 1/2 teaspoons shallots, minced
- 3/4 teaspoon fresh ginger, peeled and finely grated
- 1 1/2 teaspoons fresh cilantro, minced
- 1 1/2 teaspoons fresh chives, minced
- 1 1/2 teaspoons grapeseed or vegetable oil
- Salt and freshly ground pepper, to taste
- Crackers or chips, for serving

Directions:

1. Place salmon in freezer for 20 minutes to make slicing easier.
2. Meanwhile, prepare other ingredients for mixing.
3. Thinly slice salmon into sheets and cut sheets into strips and strips into cubes. When finished, you should have 1/8-inch cubes.
4. In a mixing bowl, combine salmon with all other ingredients. Season with salt and pepper.
5. Garnish with chips or crackers and serve.