

Bringing You Stories of Great Things Happening in Colorado Springs!

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just beCOS

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BeCOS Fitness & Health Are Important: CrossFit Bonnie & Clyde



CrossFit Clint Jordan - AKA Clyde



CrossFit Lisa Vazquez - AKA Bonnie

The month of November is widely seen as a time to practice gratitude and give back to the community. Our newsletter reflects this, from our \$200 giveaway to multiple local nonprofits to highlighting doable ways to volunteer your time.

One of our favorite gyms, CrossFit Bonnie & Clyde, equally believes in the importance of giving back to the community. They offer free PT sessions to military and dedicate certain class times to Marine Recruit Training. Folks who serve our community - servicemen, first responders, and teachers - receive discounted rates on top of all of that.

Clint Jordan, co-owner, served our country for 20 years in the USAF as a firefighter, and he was deployed seven times to defend our country and protect the innocent. He is a true war hero. His passion for fitness extends to his time in

military group physical training courses throughout his career, keeping our military service men and women in the best possible shape.

Lisa Vazquez, co-owner and the "Bonnie" in Bonnie & Clyde, is a member and competitor of the National Physique Committee and has dedicated a section of the gym to bodybuilding. The Six-Stack Combo Jungle Gym includes a lat-pulldown, seated row, leg extension, standing bicep/tricep, and curl station with a

service; while deployed, he established several "functional muscle" training facilities at U.S. bases overseas. Clint has also been in charge of programming and facilitating

cable crossover machine, making Bonnie & Clyde the only CrossFit gym in town with machines for isolated lifting.

Bonnie & Clyde CrossFit offers competitive pricing and practical times for squeezing in exercise, like their 30 minute lunch workouts or their longer classes immediately following work. Since building your healthiest body isn't just about exercise, they also offer nutrition counseling.

Stop in and check them out at 1050 S. Academy Blvd. #130 in Colorado Springs, call them at (530) 844-2559, or visit www.fitbonnieandclyde.com



CrossFit Bonnie & Clyde Military

Just BeCOS We Want To Know: What Are The 4 Most Dangerous Distractions On The Road?

Thanksgiving is one of the most traveled holidays of the year, and it's important to not only pay attention to your own driving, but also be on the lookout for distracted drivers.

In 2016, 3,450 people died due to distracted driving alone, reported the National Highway Traffic Safety Administration. Texting and driving is illegal by Colorado law, but texting isn't the only issue. Here are four of the most dangerous distractions on the road today.

#1: Smartphones

Texting is just one form of visual and cognitive distraction, but any activity on a smartphone will take your eyes and focus off the task of driving. This can include things like messing with apps, checking a map on your phone, searching for a number, reading social media accounts, or even surfing the Web.

#2: Car Controls & Gadgets

Despite the auto industry's heavy focus on safety, they continue to add complex controls. While many of these are designed to keep you safe, they can also create notable distractions. For instance:

- Connecting your built-in Bluetooth
- Messing with built-in GPS
- Connecting devices to the console
- Searching for radio controls

#3: Everyday Driving Distractions

Some drivers who are not comfortable in urban or suburban areas may be easily distracted by things like advertisements, business signs, and tourist attractions. Or perhaps traffic and pedestrians make them nervous and quick to overreact. All of these can distract some drivers.



#4: Passengers

A large number of crashes occur when drivers are distracted by the family or friends in their cars. Passengers are the source of many distracted driving accidents, even if there's no way to necessarily prove it.

In the Colorado Springs area, it's important to get the help and answers you need. Most drivers are insured by powerful and sophisticated insurance companies. These insurance carriers are excellent at avoiding payment after a crash. If you've been injured in a car accident in Colorado, call the Springs Law Group to protect your rights and get yourself on the road to recovery. Our attorneys know exactly what it takes to get these large insurance companies to pay fair and reasonable compensation for injuries.

Just BeCOS
We Are Thankful
for Raving Fans

RAVING FAN!
ALEXIS D.

"I experienced a life altering personal injury in 2015. Jake Kimball and Springs Law Group spent over two years on my case. He worked diligently to advocate, expedite and speak on my behalf, in what was a very difficult 24 months for me so that I was spared having to 'deal with' the less than helpful insurance company and their attorney. Jake was responsive, and whether it was by email, phone or even text, he was always prepared with a TRUTHFUL update on the status of my case. That was the most impressive quality of doing business with SLG; their honesty and authenticity. I will certainly utilize Jake and/or the SLG attorneys for any future legal needs as they are entities that have demonstrated ethical and honest best practices." - Alexis D.

Advice from Avery, Just BeCOS!

Going outside can be an instant mood-lifter. Even when there is snow on the ground, the vitamin D-filled sunshine has a number of benefits. But did you know that nature is extremely healthy for little ones, too? According to Harvard researchers and childmind.org, the more time kids spend outside, the more likely they are to experience confidence building, a promotion of creativity and imagination, lessons of responsibility, and a reduction in stress and fatigue. Even very young babies can get a jumpstart on language skills, an improvement in physical development, a strong foundation for learning, healthier sleep patterns, and a reduction in illness, according to the website, Motherly. It makes me want to put down the screen and get outside for a hike!



Just BeCOS We Love Volunteering

Easy ways to give your time and give back...in just a day!

We recently asked about your favorite local nonprofits - and then we donated \$200 to each of them - but there are other ways to give back besides monetary donations. If you are interested in helping your community but are limited in time and/or money, we have a list of options that can fit any time constraint.

Help fight hunger. Join the Care and Share Food Bank of Colorado Springs in feeding the hungry right here in our community. You and your family can make a difference by stocking shelves, labeling, sorting and packaging food, and helping with administrative tasks and general maintenance.

Cuddle some furry friends. Are you an animal lover? The Humane Society of the Pikes Peak Region could be a perfect fit for your family to volunteer. You can donate your time by walking dogs, cuddling kittens, helping out in the office and more.

Spend time with seniors. An easy way to find a lot of volunteer opportunities under one roof is to help out at the Colorado Springs Senior Center. The center is always looking for extra hands to help with a

multitude of activities and events, so there is sure to be something appealing to everyone in your family.

Offer families comfort. Spend some time at the Ronald McDonald House Charities. Join the dinner team, making meals and baking desserts on the premises for families staying at the house, or help with a wide variety of household tasks, from doing yard work to washing windows and restocking supply closets.

Give toys to tots. With the holiday season quickly approaching, many area organizations will be collecting toys. Make this holiday about giving and not just getting. Take your children shopping and let them purchase a toy or two for the Toys for Tots program!



Care and Share Food Bank



Colorado Springs Senior Center



CARE AND SHARE™
FOOD BANK FOR SOUTHERN COLORADO

A Member of
FEEDING AMERICA

Donate. Check out some of the favorite local nonprofits mentioned in our Giveaway Winners and donate as little as \$10 or as much as your checkbook allows.

There are many ways you can make a difference right here in our community, no matter how busy you are. In this month of gratitude and giving, donating your time and energy can prove so rewarding.

Just BeCOS We Love Our Community: Giveaway Winners!

We are happy to announce the multiple winners of our community giveaway! We wanted to folks to celebrate their favorite nonprofit organizations by submitting nominations and we loved hearing about why you admire and contribute to organizations like:

- **UpaDowna**
- **Focus on the Forest**
- **Above the Clouds**
- **New Summit Charter Academy**
- **CASA of the Pikes Peak Region**

All of those local nonprofit organizations will receive a \$200 donation from all of us here at Springs Law Group! Thanks for sharing and connecting us as a community.



UpaDowna



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*Bringing You Stories of
Great Things Happening
in Colorado Springs!*

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A Springs Law Group Newsletter

*Bringing You Stories of Great Things
Happening in Colorado Springs!*

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Just BeCOS We Love Food: The Recipe of the Month!

*You only need 3 ingredients for
this crowd-pleasing appetizer!
Perfect for game day snacking.*

Hot Caprese Dip



INGREDIENTS:

- 10 ounces fresh mozzarella, chopped into cubes
- 2 roma tomatoes, seeded and juiced
- 3 tablespoons freshly chopped basil, or about 1 tablespoon dried + more for garnish

DIRECTIONS:

1. Preheat oven to 375.
2. Make sure tomatoes have as much juiced squeezed out of them as possible – this will prevent the dip from becoming soupy.
3. In a small baking dish, combine chopped cheese, tomatoes and basil and mix. Bake for 15 minutes, then broil for 2 minutes so cheese becomes bubbly and golden. Serve immediately with crackers or melba toast.

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