



Bringing You Stories of Great Things Happening in Colorado Springs!

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# Just BeCOS Drowsy Driving Is A Serious Problem With Fatal Consequences

Later nights, earlier sunsets, and the craziness of the Holidays all mean one thing: less sleep for all of us. This also means that people are at a much higher risk of driving while drowsy. But it is important to remember that failing to get a good night's rest is not the only drowsy driving culprit. Fatigue behind the wheel can happen from things like:

- **Untreated sleep disorders like sleep apnea**
- **Medications or medication interactions**
- **Alcohol consumption**
- **Working overnight or long shifts**

- **Difficulty focusing, frequent blinking, or heavy eyelids**
- **Daydreaming; wandering/disconnected thoughts**
- **Trouble remembering the last few miles driven; missing exits or traffic signs**
- **Yawning repeatedly or rubbing your eyes**
- **Trouble keeping your head up**
- **Drifting from your lane, tailgating, or hitting a shoulder rumble strip**
- **Feeling restless and irritable**

Prevention is key. Avoid driving between midnight and 6am if you can, get a good night's sleep, never consume alcohol or medications that affect your alertness before a trip, take frequent breaks, and plan to have someone ride with you. If you must drive alone, finding a friend to talk to over the phone could help as well. If you start to get sleepy while you're driving, drink one to two cups of coffee and pull over for a short 20-minute nap in a safe place, such as a lighted, designated rest stop.

At 55 mph, a vehicle travels the length of a football field in 3.7 seconds, which means that it is extremely dangerous to close your eyes even for a moment while driving. The National Highway Traffic Safety Administration estimates that 1.2 million motor vehicle crashes involve drowsy driving each year. Help your family – and the other families on the road – stay alert and safe by recognizing the signs of drowsy driving when you are behind the wheel. Pull over or have someone else in the car drive for you if you experience any of following:

## DROWSY IS DEADLY

DROWSY DRIVING KILLS BETWEEN **5000 & 8000** PEOPLE EVERY YEAR NEARLY TWICE AS MANY AS **DISTRACTED DRIVING & 5 TIMES** AS MANY AS THE TITANIC



**83.6 MILLION** PEOPLE DRIVE WHILE **SLEEP-DEPRIVED EVERY DAY**

REST AREA

IF YOU FEEL DROWSY, PULL OVER AND TAKE A NAP

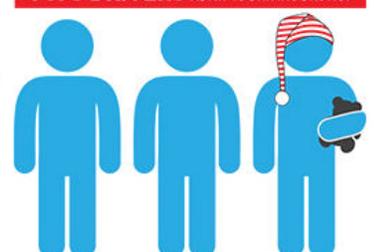
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7 IS GOOD IS GREAT!

DRIVERS NEED AT LEAST 7 HOURS OF SLEEP TO ENSURE SAFE DRIVING ABILITIES

**1.2 MILLION COLLISIONS** ARE CAUSED BY DROWSY DRIVING EACH YEAR

**1 of 3 DRIVERS** ADMIT TO DRIVING DROWSY



**DROWSY DRIVING INCIDENTS** COST THE COUNTRY **\$109 BILLION** IN 2015

# Just BeCOS We Love Our Followers (and Coffee!)

As a way to warn against the dangers of drowsy driving, Springs Law Group gifted five lucky fans with \$25 gift cards to Dutch Bros Coffee. All the coffee-lovers had to do was post a photo of themselves enjoying a Cup of Joe. Congratulations to Lori Furtado, Shelby Freese, Candice Tavernier, Becky Thompson, and Carol Olmstead. Honorable mention goes to Sidney Nicolaysen, daughter of owner, Christopher Nicolaysen. Sidney and Bruce, the pug, posted a great pic, but unfortunately, family members of the owner cannot win free Dutch Bros!



# Just BeCOS We Love Our Pups

Zoey is such a kind pooch that she would rather befriend the neighborhood deer instead of scaring them away. They seem to like her, too!



RAVING FAN!  
**JACOB T.**

# Just BeCOS We Are Thankful for Raving Fans

“I was referred to Springs Law Group by Colorado Injury Center after being hit by another driver at a red light. After meeting with other attorneys and being turned down, I met with Attorney Jake Kimball and he was willing to take on my case. He spent many weeks fighting back and forth with the other insurance company. He explained everything to me in both legal terms and non-legal terms. I felt he and his paralegal were both polite and very nice. We settled upon an amount that we agreed was fair. I highly recommend Springs Law Group if you're ever in an accident.” – Jacob T.

# Just BeCOS We Love Supporting Others Doing Good

Whether it's accepting The Nomberg Law Firm #coldweatherchallenge by donating much-needed cold-weather gear to Springs Rescue Mission, sponsoring the Mt. Carmel Veterans Service Center Santa Fest, rallying St. Mary's High School students who are against distracted driving, or supporting our friend Big Mike Allbee who goes out of his way to help Texans, we love BIGGER.



## Advice From Avery, Just BeCOS! Rock The Bedhead; More Sleep Makes You Healthier!



Since my dad preaches about drowsy driving and since I can nap pretty much anywhere, I thought I'd throw in my two cents about how to achieve better sleep at night (which also

makes for some pretty amazing bedhead!).

- Avoid blue light at least two hours before bed. That means put down your cell phone, turn off the TV, and shut that laptop!
- Even though you all love Dutch Bros. Coffee so much, don't drink it late in day since caffeine can keep you going even 6-8 hours after consumption.
- Stay on a regular sleep schedule where you are sleeping and waking at the same time each day. (I'm the exception, right, Mom and Dad?)
- Pay attention to the temperature and lighting in your bedroom for maximum comfort.
- Don't eat late in the evening, no matter how badly you want that midnight taco.

Getting the recommended 7-8 hours of sleep each night will not only keep my dad happy since you won't be a drowsy driver, but you'll also reduce stress, improve memory, help you lose weight, reduce the risk of depression, and even help the body repair itself. Sleep tight, friends!





# SPRINGS LAW GROUP

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Bringing You Stories of  
Great Things Happening  
in Colorado Springs!

## CALL US FOR A FREE CONSULTATION

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## CAR ACCIDENT LAWYERS



This publication is intended to educate the general public about criminal defense, personal injury, DUI, and your rights as an individual in the state of Colorado. It is not intended to be legal advice. Every criminal charge and personal injury case is unique. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.



## A Springs Law Group Newsletter

Bringing You Stories of Great Things  
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## Just BeCOS We Love Food: The Recipe of the Month!

### Pulled Pork Enchiladas with Mark's Stinkin' Good Pork Green Chile Sauce



*Holy Moly is Mark's Stinkin' Good Pork Green Chile Sauce amazing (and bonus that it was created locally here in Colorado!). We like to add it to eggs, nachos, chili - pretty much everything - but using it in our favorite Pork Enchiladas recipe added so much flavor! You can find it in the refrigerated or frozen food section of King Soopers or Costco.*

#### INGREDIENTS:

- 1 (1.5-2 lb.) pork tenderloin
- 2 cloves garlic, minced
- 1-2 chipotle peppers in adobo (from a can), minced
- 1 cup chicken broth
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups Monterrey Jack cheese, divided
- 10 (8 inch) flour tortillas

#### For sauce:

- 2 1/2 cups Mark's Stinkin' Good Pork Green Chile Sauce
- 1/2 cup heavy cream or sour cream
- 1/4 cup cooking liquid from pork
- 1-2 Tablespoons chopped fresh cilantro



#### DIRECTIONS:

1. Lightly grease a slow cooker. Add the pork roast, garlic, chipotle pepper, chicken broth, chili powder, cumin, salt and pepper.
2. Cover and cook on low for 5-6 hours. Remove pork from slow cooker and reserve 1/4 cup of the cooking liquid. Shred the meat with two forks. Taste and season with additional salt and pepper, if desired.
3. While the pork is cooking, make the sauce by combining all the ingredients in a medium bowl. Refrigerate until you are ready to assemble the enchiladas.
4. Preheat oven to 350°F. Lightly grease a 9x13 inch baking dish. Spread about 1/2 cup of the sauce in the bottom of the dish.
5. Place about 1/4 cup of shredded pork down the center of each tortilla. Sprinkle with Monterrey Jack cheese (you should use about 1/2 of the cheese for the filling). Repeat with the remaining tortillas.
6. Place the filled tortillas in the prepared pan. Pour the remaining sauce over the tortillas and sprinkle with the remaining cheese.
7. Bake, covered with foil, for 20-25 minutes. Remove foil and bake for an additional 5-10 minutes, or until cheese is golden and bubbly.