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## NEWS & UPDATES

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### Neighborhood Series: River North Art District

The River North Art District, or “RiNo” is home to many contemporary art galleries, breweries, quirky shops, and cool concert venues that were once industrial buildings. One favorite spot is the Denver Central Market on Larimer Street which is a very popular dining hall among neighborhood residents. Central Market hosts a variety of vendors that offer a variety of homemade goodies like Italian food, salads, smoothies, coffee, ice cream, local brews, cocktails, chocolates, baked goods, fish, and seafood all under one roof!

RiNo is well known for interesting craft breweries. Epic Brewing, Ratio Beerworks, and Mockery Brewing are just a few places to sample some amazing brews. The Denver Beer Trail has an impressive list of all the breweries in RiNo and other Denver areas.



Photo c/o [RiNo Murals Program](#)



Photo c/o [RiNo Murals Program](#)

The street art murals painted on many buildings in RiNo are also a favorite attraction for locals and visitors alike. Go to the [RiNo Murals Program](#) website for more information.

Visit the RiNo Eats outdoor drinking and dining hall at 35th and Larimer. The set up is a creative outdoor food and drink hall under huge tents. They partner with Hop Alley, Fish-N-Beer, Cabana X, Slaters 50/50 and a variety of food trucks. You can order in advance and your food will be delivered to your table when you arrive. Or visit some of the many food trucks in RiNo offering everything from tacos to sandwiches to sweets. RiNo even has a pizza place housed in a shipping container!

Participate in the Friday night art walk. On the First Friday of every month many RiNo locations open their doors with events featuring art openings and live music. Hours are usually 6–9pm but many locations are open during the day and later into the evening.

River North Art District is considered a walkable neighborhood and should not be missed!

[Read the Full Article at DenverLibrary.org](#)

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### Did You Know...?

**Ice cream and Cold Drinks Really Do Not Cool Us Down!** Here we are in the middle of the summer and the temperatures seem to be



higher each year! We continue to seek new and fun dietary pleasures to help us combat the heat.

The process of maintaining an optimal body temperature is called thermoregulation, which involves a proper balance between producing and losing body heat. Metabolism and our normal digestive processes create our body energy, which in turn generates internal heat. It helps us to stay warm. When the outside temperatures are cooler this process is great! But when it's really warm outside we need to look for different ways to cool us

down.

Eating ice cream or drinking a cold beverage will give us a short internal cooling effect, but depending on the caloric content of the food or drink, it will turn to heat quickly as the digestion process begins. The short cooling effects we briefly experience when drinking cold liquids can be explained by their rehydration effects, but the cool liquid is quickly warmed by the surrounding organs.

Surprisingly, sweating is the most effective way our bodies lose heat. Sweat on the skin surface evaporates, causing the skin to cool. Even more surprising is the fact that spicy foods help to cool us down! The active ingredient in spicy foods triggers a sweat response that allows the body to cool as sweat evaporates from the skin. That's why spicy foods are popular in the local diet in warm climates around the world. So while cold treats can be very satisfying and are certainly refreshing, a better way of cooling down is to spice things up, get your sweat on, and, most importantly, stay hydrated!

[Contact Our Team Today](#)

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## What If The Other Driver In A Car Accident Doesn't Have Insurance?

If you have uninsured/underinsured motorist coverage on your auto policy, it may pay for your injuries.

Always have uninsured/underinsured motorist coverage on your policy. Colorado law requires the insurance company to offer you at least \$25,000 of uninsured/underinsured coverage as part of any auto insurance policy. You can refuse the coverage by signing a form. But don't waive uninsured/underinsured coverage! Yes, it costs a little more, but you can't afford to be without it.



We are proud to help the Denver, CO, community in every way we can. From helping individuals find medical treatment to fighting in court for their compensation, our team wants to put all our efforts toward assisting families when they need the help the most. If you or your loved one is injured due to a car accident, workplace accident, slip and fall, or any other type of accident-causing injury, [contact our local Denver law office.](#)

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### Featured Recipe: Baked Feta and Tomato Pasta

This Baked Feta Pasta (Tiktok Original!) is

one of those dishes that's ridiculously easy. To make it, simply fill a baking dish with feta, tomatoes, olive oil, salt and pepper and bake. Toss with fresh garlic, cooked pasta, and basil and you've got dinner handled!

[Get the Recipe at Grilled Cheese Social](#)



## Apply For Our 2021 Scholarship

We're offering our Safe Driver Scholarship again this year. If you know a high school senior, college student, or first-year law student, please encourage them to apply for our \$1,000 scholarship.

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We are selecting one (1) winner a month - [Enter to Win!](#)

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A CASE?**

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MEET DIANNE

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*Coronavirus (COVID-19) Update: We can handle your case without the need for you to leave your home.  
Please call or text us at (303) 758-4777.*

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**Avvo**