



R. ALAN CLEVELAND, LLC
PERSONAL INJURY & WORK INJURY LAW FIRM

706.363.4900

IN THIS ISSUE

- Keeping Your Teen Safe: A Lawyer's Guide to Trending Dangers
- Unearthing the Stories Behind Our State Names: A Lawyer's Look at History
- Recipe of the Month: Summer Skillet Vegetable & Egg Scramble
- What's Happening In & Around Athens

**Keeping Your Teen Safe:
A Lawyer's Guide to Trending Dangers**



Teenage trends can have serious consequences, especially those involving bodily harm, drug abuse, or criminal activity. At R. Alan Cleveland, LLC, we think it's important to stay informed about the latest viral fads, and we've got firsthand experience with the consequences when they go wrong.

[Read More Here](#)

**Unearthing the Stories Behind Our State Names:
A Lawyer's Look at History**

Have you ever wondered how your state got its name?

Each state has a narrative linked to its founding, an origin story that explains why we refer to it as we do today.

[Read More Here](#)



ALAN CLEVELAND
PERSONAL INJURY LAWYER

- ✉ **EMAIL ALAN**
- 📱 **CELL: 404-932-0764**
- ☎ **OFFICE: 470-558-0883**
- 📠 **FAX: 706-363-4901**

[CONTACT ALAN CLEVELAND](#)

LEAVE US A REVIEW!



We appreciate hearing from our clients about their experience with us!

[CLICK HERE](#)



Summer Skillet Vegetable & Egg Scramble

Don't toss out those almost-past-their-prime vegetables and fresh herbs. Toss them into this skillet egg scramble for a quick vegetarian meal. Nearly any vegetable will work in this easy skillet recipe, so choose your favorites or use what you have on hand.



INGREDIENTS

- 2 tablespoons olive oil
- 12 ounces baby potatoes, thinly sliced
- 4 cups thinly sliced vegetables, such as mushrooms, bell peppers, and/or zucchini
- 3 scallions, thinly sliced, green and white parts separated
- 1 teaspoon minced fresh herbs, such as rosemary or thyme
- 6 large eggs (or 4 large eggs plus 4 egg whites), lightly beaten
- 2 cups of packed leafy greens, such as baby spinach or baby kale
- 1/2 teaspoon salt

DIRECTIONS

1. Heat oil in a large cast-iron or nonstick skillet over medium heat. Add potatoes; cover and cook, stirring several times, until they begin to soften, about 8 minutes.
2. Add sliced vegetables and scallion whites; cook uncovered, stirring occasionally, until the vegetables are tender and lightly browned, 8 to 10 minutes. Stir in herbs. Move the vegetable mixture to the side of the pan.
3. Reduce heat to medium-low. Add eggs and scallion greens to the center of the pan. Cook, stirring, until the eggs are softly scrambled, about 2 minutes.
4. Stir leafy greens into the eggs. Remove from heat and stir well to combine. Stir in salt.

Recipe courtesy of eatingwell.com

What's Happening In & Around Athens

August 3

[BBQ & Bake Off Block Party](#)

Rocket Field
Watkinsville

August 10

[Empire Mills 2nd Annual Crab Boil](#)

Empire Mills
Madison

August 17

[Athens Fair 5K Run/Walk](#)

Memorial Park
Athens

August 20

[August History Hour- Historic Restaurants in Athens](#)

Lyndon House Arts Center
Athens

August 24

[Athens Brewsic Fest](#)

Southern Brewing Company
Athens

September 7

[Atlanta Seafood & Caribbean Music Festival](#)

Blackburn Park
Brookhaven

September 17

[September History Hour- Historic Cobbham Foundation](#)

Lyndon House Arts Center
Athens

September 21

[Historic Bishop Boogie Block Party](#)

5000 Macon Hwy
Bishop

September 27 – 28

[SouthWorks National Juried Art Exhibition](#)

Oconee Cultural Art Foundation
Watkinsville

Our Office

R. Alan Cleveland, LLC
490 N. Millledge Ave.
Athens, GA 30601
Telephone: (706) 363-4900
Fax: (706) 363-4901

Mon: 8:30am – 5:30pm
Tues: 8:30am – 5:30pm
Wed: 8:30am – 5:30pm
Thurs: 8:30am – 5:30pm
Fri: 8:30am – 5:30pm
Weekends: By Appointment

Need More info?

[CONTACT US](#) →