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## Save a Life: Make a New Year's Resolution Not to Drive Distracted



Have you made your New Year's resolutions? Are you sticking to them? While the New Year memories of champagne toasts, fireworks and bowl games are a distant memory, it's not too late to make another New Year's resolution that can save your life and others: **Don't Drive Distracted!**

Distracted driving is a dangerous and *preventable* habit that kills at least 9 people every day in the U.S. Texting while driving is the most hazardous behavior of all as it distracts the driver in 3 ways:

- Manually because their hands are not on the wheel,
- Visually when they watch the screen instead of the road, *and*
- Cognitively because they are concentrating on reading and sending texts instead of safely operating the car.

There are many other behaviors that you may not even realize that are distracting! These include eating, drinking, talking on a handheld phone, using GPS, tending to children, adjusting music and visiting with passengers.

#### Georgia Law Prohibits Texting and Using a Handheld Cellphone While Driving

Our state bans texting while driving, including writing, sending or reading a text-based communication. This prohibition applies not only to smartphones but also to messaging devices, tablets, laptops and similar electronic devices.

It is also illegal in Georgia to use a hand-held phone or other electronic devices while operating a vehicle. Hands-free phones with earpieces or other voice-operated technology are permitted.

#### Tips to Keep Your Resolution Not to Drive Distracted

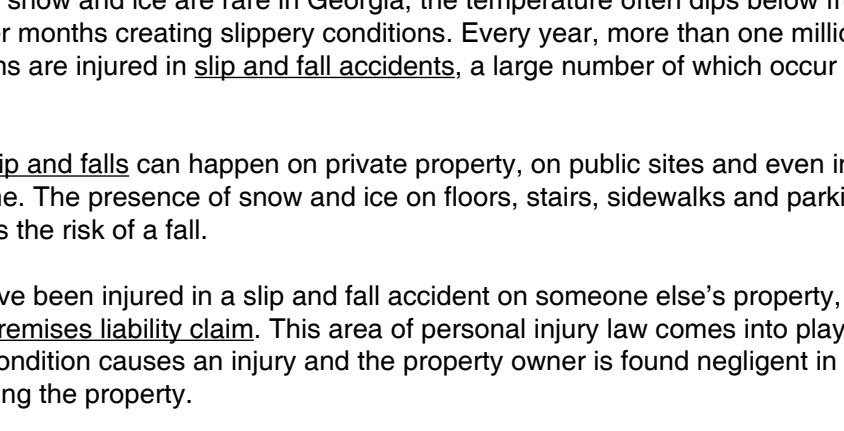
Kick the habit of driving while distracted with these tips:

- Always remember that your primary focus while behind the wheel should be driving and the road.
- Remove temptation by turning your cellphone off, locking it in the glove compartment or tossing it in the back seat.
- Even glancing at an incoming text at 55 MPH means that you may travel the length of a football field without even seeing the road!
- If you must text or use a handheld phone, pull off the road in a safe area.
- Recruit a passenger to help with GPS or adjusting music.
- Avoid eating or drinking while driving to keep your hands dedicated to operating the car.
- Ask your passengers to keep the noise level down for safety.

You can read more about driver distractions at this [AAA website](#).

Do all you can to keep your resolution not to drive while distracted to prevent [car accidents](#).

## Winter Conditions Bring Slip and Fall Injuries and Car Accidents



Although snow and ice are rare in Georgia, the temperature often dips below freezing in the winter months creating slippery conditions. Every year, more than one million Americans are injured in [slip and fall accidents](#), a large number of which occur in winter weather.

Winter slip and falls can happen on private property, on public sites and even in your own home. The presence of snow and ice on floors, stairs, sidewalks and parking lots increases the risk of a fall.

If you have been injured in a slip and fall accident on someone else's property, you may have a [premises liability claim](#). This area of personal injury law comes into play when an unsafe condition causes an injury and the property owner is found negligent in owning or maintaining the property.

#### Avoiding Winter Slip and Fall Injuries

- Choose smart footwear for weather conditions like sturdy shoes with low heels or boots with heavy treads.
- When walking in snowy or icy conditions, use handrails when available and take your time.
- Look carefully for black or clear ice that can lurk in shady spots, early in the morning or where melted ice has refrozen at night.
- Stay alert to walking conditions and put away your smartphone for texting and calling.
- Take particular care to building entrances where snow may have been tracked in.

#### Drive Carefully in Winter Conditions

If you are not used to driving in icy and snowy conditions, stay home if possible. You may be caught in heavy traffic anyway, so enjoy the view from your front window!

If you must venture out, follow these safe [winter driving tips](#):

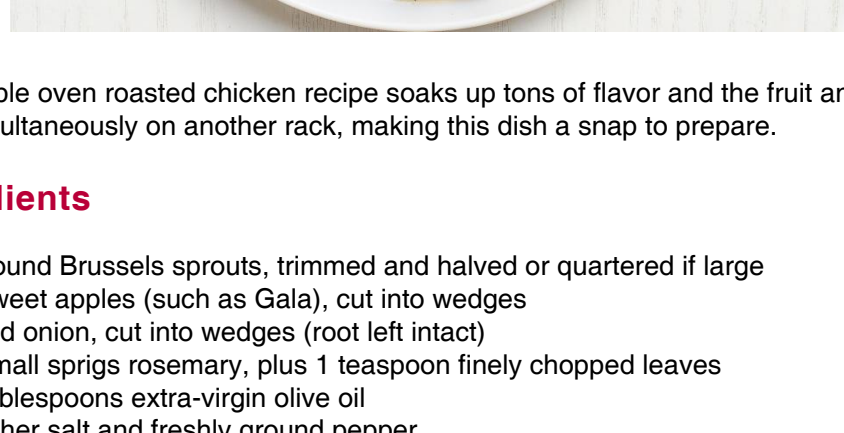
- Keep supplies in your car like blankets, a flashlight and ice scraper.
- Make sure your car always has at least one-half tankful of gas and that tires are properly inflated.
- Warm your car up before driving, but never inside your garage.
- Do not use cruise control on any wet or slippery surface.
- Reduce your speed and accelerate and decelerate slowly.
- Increase your following distance to at least six seconds behind the car ahead to account for longer braking times.

AAA has many more slippery conditions driving tips at this [website](#).

If you or a family member has been injured in an [auto accident](#), [truck accident](#), [motorcycle accident](#), [slip and fall](#) or by any other type of personal injury, or if you have been denied [Workers' Compensation](#), it's important to get an attorney experienced in these types of cases involved immediately. Call 470-558-0318 for your initial free consultation. Adamson & Cleveland, LLC, injury attorneys in Georgia, can help you determine whether you need a lawyer for an accident or any personal injury case.



## Recipe of the Month Chicken with Brussels Sprouts and Apple Cider Sauce



This simple oven roasted chicken recipe soaks up tons of flavor and the fruit and veggies cook simultaneously on another rack, making this dish a snap to prepare.

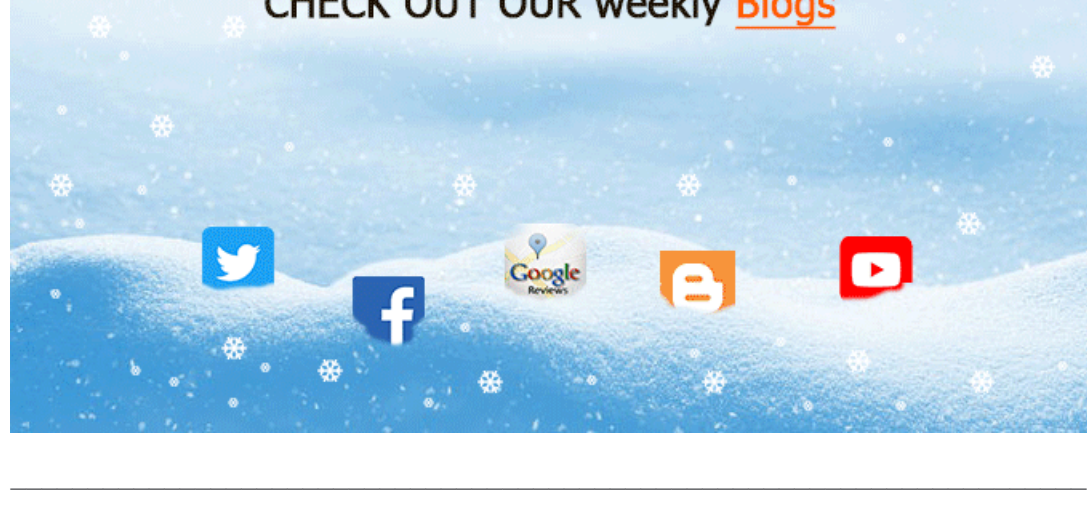
#### Ingredients

- 1 pound Brussels sprouts, trimmed and halved or quartered if large
- 2 sweet apples (such as Gala), cut into wedges
- 1 red onion, cut into wedges (root left intact)
- 2 small sprigs rosemary, plus 1 teaspoon finely chopped leaves
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 4 skinless, boneless chicken breasts (about 8 ounces each)
- 2/3 cup apple cider
- 1 teaspoon apple cider vinegar

#### Directions

1. Position racks in the upper and lower thirds of the oven; preheat to 450 degrees F. Toss the Brussels sprouts, apples, red onion and rosemary sprigs with the olive oil, 1/2 teaspoon salt and a few grinds of pepper on a baking sheet. Spread in a single layer and roast on the upper oven rack, flipping halfway through, until tender and browned, 25 to 30 minutes.
2. Meanwhile, heat 1 tablespoon butter in a large ovenproof skillet over medium-high heat. Season the chicken on both sides with salt, pepper and the chopped rosemary. Add the chicken to the skillet and cook until browned on the bottom, about 6 minutes. Flip and cook 2 more minutes, then pour the cider into the skillet around the chicken. Transfer to the lower oven rack and roast until just cooked through, 10 to 12 minutes.
3. Transfer the chicken to a cutting board to rest and return the skillet to medium-high heat. Simmer until the pan sauce is reduced by half, about 1 minute. Remove from the heat and swirl in the remaining 1 tablespoon butter and the vinegar; season with salt and pepper.
4. Slice the chicken and divide among plates along with the roasted vegetables and apple. Spoon the sauce over the chicken.

*Recipe courtesy of Food Network Magazine*



## What's Happening In & Around Norcross, GA

**Feb 7 – 8**  
The Eagles  
State Farm Arena  
Atlanta, GA

**Feb 14**  
Alan Jackson  
State Farm Arena  
Atlanta, GA

**Feb 18**  
Gordon Lightfoot  
Cobb Center Performing Arts Centre  
Atlanta, GA

**Feb 29**  
Beer, Bourbon & BBQ Festival  
Atlantic Station  
Atlanta, GA

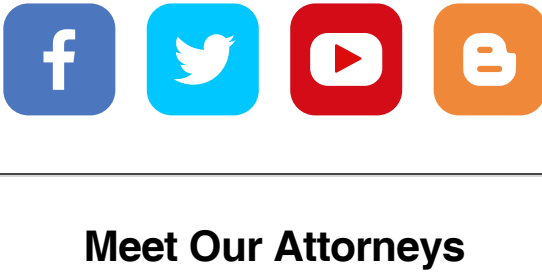
**Mar 5 – 7**  
Savannah Stopover Music Festival  
Savannah Historic District  
Atlanta, GA

**Mar 6**  
Celtic Woman  
Fabulous Fox Theatre  
Atlanta, GA

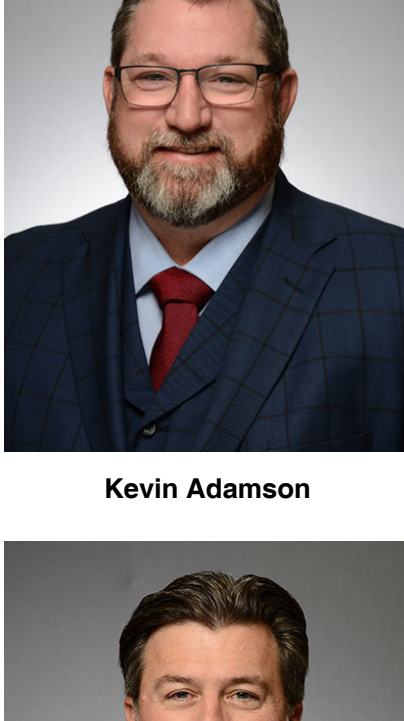
**Mar 20**  
David Foster  
Atlanta Symphony Hall  
Atlanta, GA

**Mar 21**  
Water Drop Dash 5k, Fun Run & Water Festival  
Chattahoochee Nature Center  
Roswell, GA

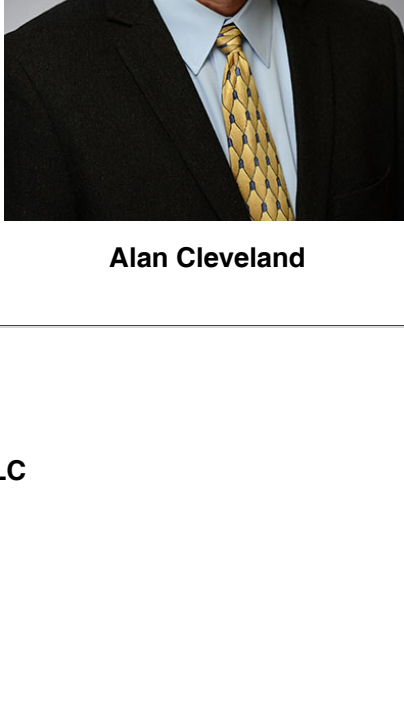
#### Follow us...



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Weekends : By Appointment

[www.AdamsonCleveland.com](http://www.AdamsonCleveland.com)

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