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5 Common Types of Personal Injury Damages



Personal injury is defined as any injury to a person—physical, mental or emotional. If you are the victim of a motor vehicle or bike accident, dog bite, slip and fall or have been injured in some way as a result of the negligence of another you may be entitled to personal injury damages. These generally fall into two categories: economic and non-economic. Economic injuries can usually be calculated based on actual dollar amounts associated with the damages. Non-economic personal injury damages are just as significant but may prove more difficult to determine an appropriate monetary value. Below are 5 common kinds of personal injury damages:

1. **Medical Expenses**—this is the cost of all your medical care. It includes bills for hospitalization, doctors, testing, nursing care, medical equipment, physical therapy, medications and any other means used to treat your injuries. Medical expense compensation is to cover bills you've already incurred and those that will be necessary in the future until your recovery from your injuries is complete.
2. **Lost Income**—if your injuries have prohibited you from working you are entitled to damages in the amount of the wages you have lost. This includes bonuses, commissions, paid time off and any other compensation you receive in addition to your regular salary.
3. **Diminished Earning Capacity**—if the extent of your injuries is such that you will no longer be able to resume the work you were doing full time and at full capacity you can seek damages for the loss of future income.
4. **Emotional and Mental Anguish**—being injured in an accident can lead to debilitating conditions that can affect your ability to live life fully. These would include disorders such as PTSD, insomnia, anxiety, depression and other mental illnesses.
5. **Pain and Suffering**—an accident may leave you unable to enjoy all you did with family, friends and for yourself before the accident. It can strain relationships, take away future opportunities to participate in family or other events and change how you are a part of the community. While hard to put a price on, these are the types of damages pain and suffering seeks to compensate you for.

An experienced attorney can assess the personal injury damages you should seek and the evidence needed to support your case. They can also help relieve some of the stress and anxiety during this trying time.

Home Heating Safety Checklist



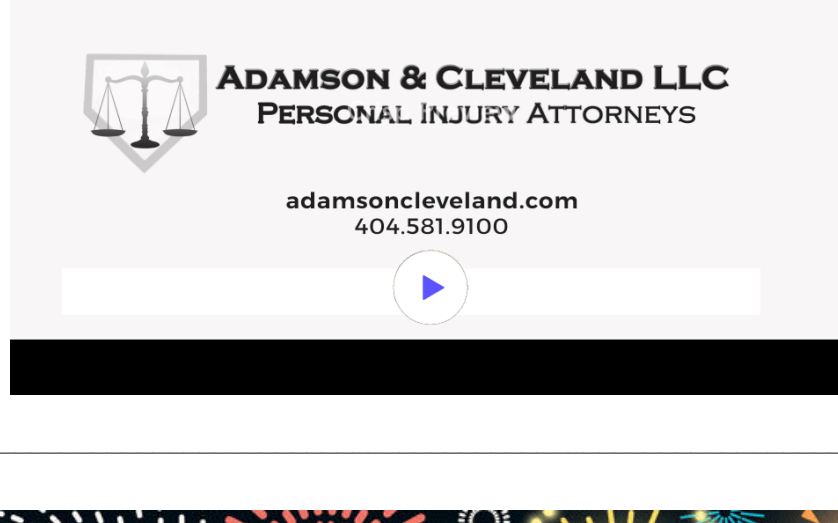
According to the National Home Fire Protection Association, heating is the second leading cause of home fires and home fire injuries. Sadly, many of these fires could have been prevented. Safeguard your family and your home with the checklist below:

- Keep anything that's flammable at least 3 feet away from any heating equipment including furnace, wood stove, fireplace or portable space heater.
- Install a 3-foot barrier around heating equipment to prevent children from getting burned.
- Always have qualified professionals install any heating equipment according to manufacturer's instructions and local building and safety codes.
- Get your chimney and heating equipment professionally cleaned and serviced once a year.
- Only use the kind of fuel specified by the manufacturer for fuel burning space heaters.
- Keep a screen in front of the fireplace that is wide enough and tall enough to keep flying sparks from getting out.
- Turn off space heaters when leaving the room or going to bed.
- Never use the oven to heat your home.
- Install and maintain CO alarms.
- Test smoke detectors monthly.
- If you smell gas from your gas heater do not attempt to light it. Leave your home immediately and call the gas company or local fire department.

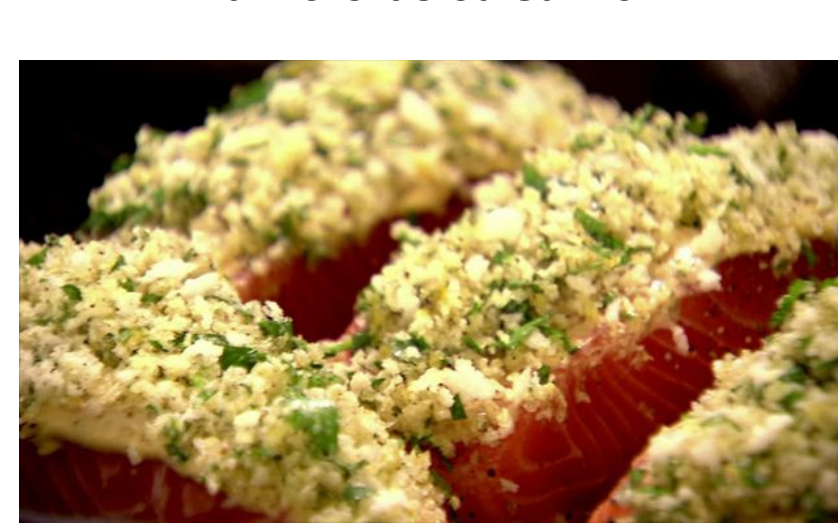
If you or a family member has been injured in an auto accident, truck accident, motorcycle accident, slip and fall or by any other type of personal injury, or if you have been denied Workers' Compensation, it's important to get an attorney experienced in these types of cases involved immediately. Call 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.

Core Values

Core Values at Adamson & Cleveland are fostering teamwork in a family environment, trying to do good in our community and providing ethical and professional representation to our clients. Watch this quick video to hear more...



Recipe of the Month Panko-Crusted Salmon



Resolution for the New Year...eat more fish. A serving of salmon (3 to 4 ounces) is about 200 calories. It's very low in saturated fat and a good source of protein. It's also one of the best sources of vitamin B12, is rich in potassium and high in other nutrients like iron and vitamin D.

Ingredients

- 2/3 cup panko (Japanese dried bread flakes)
- 2 tablespoons minced fresh parsley
- 1 teaspoon grated lemon zest
- Kosher salt and freshly ground black pepper
- 2 tablespoons good olive oil
- Four 6- to 8-ounce salmon fillets, skin on
- 2 tablespoons Dijon mustard
- 2 tablespoons vegetable oil
- Lemon wedges, for serving

Directions

1. Preheat the oven to 425 degrees.
2. In a small bowl, mix the panko, parsley, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Drizzle with the olive oil and stir until the crumbs are evenly coated. Set aside.
3. Place the salmon fillets, skin side down, on a board. Generously brush the top of the fillets with mustard and then sprinkle generously with salt and pepper. Press the panko mixture thickly on top of the mustard on each salmon fillet. The mustard will help the panko adhere.
4. Heat the vegetable oil over medium-high heat in a 12-inch cast-iron skillet or large heavy, ovenproof pan. When the oil is very hot, add the salmon fillets, skin side down, and sear for 3 to 4 minutes, without turning, to brown the skin.
5. Transfer the pan to the hot oven for 5 to 7 minutes until the salmon is almost cooked and the panko is browned. Remove from the oven, cover with aluminum foil, and allow to rest for 5 to 10 minutes. Serve the salmon hot or at room temperature with lemon wedges.

Recipe courtesy of FoodNetwork.com & Ina Garten



What's Happening in & Around Norcross & Athens

Jan 19
Performance for Young People: The World of Musicals
University of Georgia Performing Arts Center
Athens

Jan 22 – 23
Great American Motorcycle Show
Cobb Galleria Centre
Atlanta

Feb 1
The Simon & Garfunkel Story
The Classic Center
Athens

Feb 4 – 6
Athens Wine Weekend
The Classic Center
Athens

Feb 11 – 13
Georgia RV & Camper Show
Cobb Galleria Centre
Atlanta

March 15
Hairspray
The Classic Center
Athens

Meet Our Attorneys



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Friday : 8:30 am – 5:30 pm
Weekends : By Appointment

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