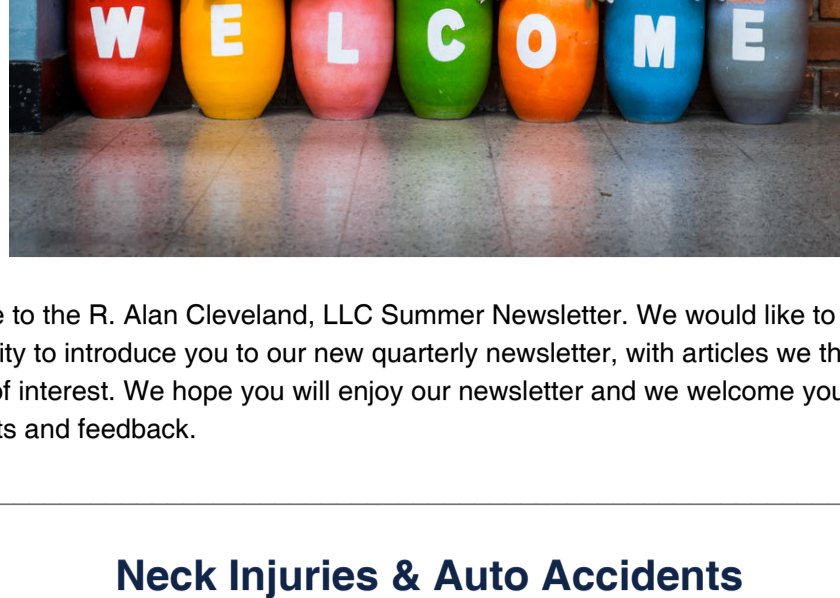




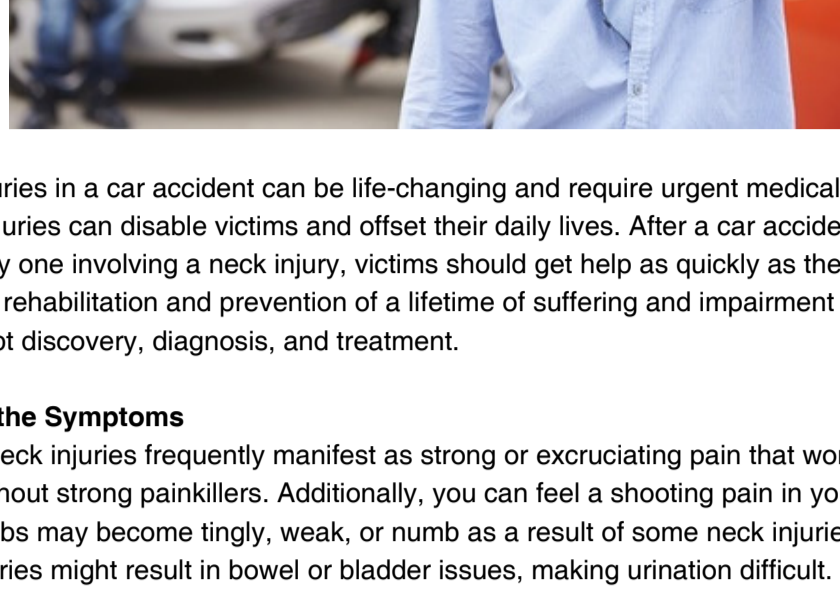
### In This Issue...

- Neck Injuries & Auto Accidents
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- What Our Clients are Saying About Us
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Welcome to the R. Alan Cleveland, LLC Summer Newsletter. We would like to take this opportunity to introduce you to our new quarterly newsletter, with articles we think you will find of interest. We hope you will enjoy our newsletter and we welcome your comments and feedback.

### Neck Injuries & Auto Accidents



Neck injuries in a car accident can be life-changing and require urgent medical care. These injuries can disable victims and offset their daily lives. After a car accident, especially one involving a neck injury, victims should get help as quickly as they can. Effective rehabilitation and prevention of a lifetime of suffering and impairment depend on prompt discovery, diagnosis, and treatment.

#### Identify the Symptoms

Severe neck injuries frequently manifest as strong or excruciating pain that won't go away without strong painkillers. Additionally, you can feel a shooting pain in your arms or legs. Limbs may become tingy, weak, or numb as a result of some neck injuries. Severe neck injuries might result in bowel or bladder issues, making urination difficult.

#### What to do Next

Stay informed and follow these simple steps if you, unfortunately, sustain a neck injury in a car collision.

1. Timely examination and diagnosis can prove to be of the essence. Get yourself examined right away.
2. Get medical attention and a recommendation for proper diagnostic testing to identify and determine whether you have sustained an injury or not.
3. Paperwork for the insurance company should be handy. This saves a lot of unnecessary bills and time.
4. If your damage is the result of another driver's recklessness or negligence behind the wheel, it is also simpler to obtain a full and reasonable legal settlement by demonstrating a clear connection of the accident and the injuries sustained as a consequence of that.
5. After a car accident, inform your auto insurance provider of your neck injury.
6. A settlement, release, or waiver pertaining to your collision should not be signed, until you have spoken with a lawyer who is representing your interests.

#### How to Prevent Neck Injuries in a Car Crash?

To prevent neck injuries, car makers put belts and neck restraints in place decades ago. Nevertheless, severe car accidents can still result in whiplash, which can have a devastating effect on the victim's neck.

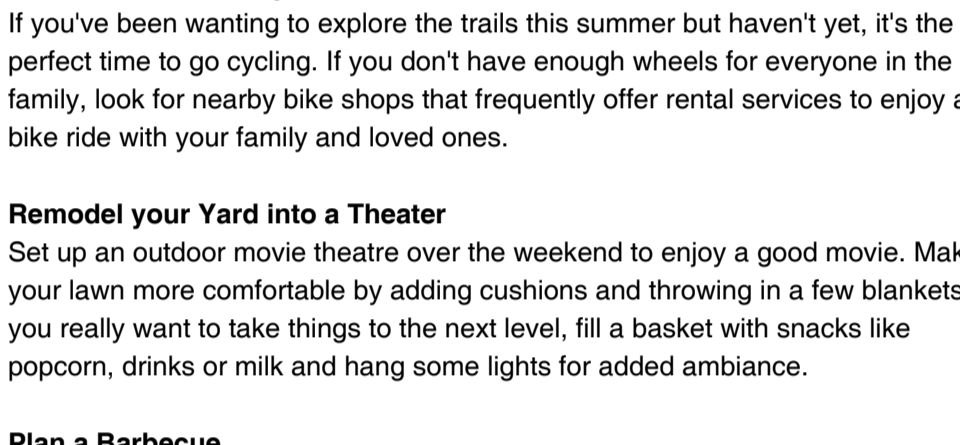
An unsupported head that is jerked abruptly is what causes a whiplash. Ensure your car headrest and seatbelts are up to the proper standard. It is also a no-brainer to drive at designated speeds and avoid overspeeding altogether to reduce the chances of a car crash.

#### Hire a Lawyer to Fight Your Case

Car accident lawsuits involving critical injuries and involuntary manslaughter are handled by personal injury attorneys.

If you have sustained injuries to your spine and neck after a car accident, you should consult with an experienced Athens personal injury lawyer. R. Alan Cleveland, LLC is a dedicated personal injury law firm that can help you with every detail following an accident and ensure that you collect the full and fair compensation you deserve - covering medical expenses, lost wages, and property damage, apart from the agony and suffering caused by injuries. Feel free to consult our legal team for more information and assistance by calling 404-932-0764.

### Fun Things to Do on Labor Day



Labor Day, a federal holiday since 1894, was established by the labor movement and is observed on the first Monday of September. Additionally, it's the final three-day weekend of perfect summertime, making it the ideal opportunity to fit in some fun outdoor activities before the winters push us indoors.

Those planning to kick things off at home might organize a BBQ and participate in a variety of outdoor games. You can keep things simple by staying home and binge-watch movies, pick up a good book, or you can hit the road to discover a new National Park or a quaint tiny town.

Here are some exciting activities that you can plan for Labor Day:

- 1. Nothing Beats Shopping**  
The Labor Day deals are a terrific time to stock up on children's clothing, cold-weather wardrobe basics, and back-to-school necessities. Check out a list of stores that will be open on the holiday.
- 2. Hit the Outdoors on your Two Wheels**  
If you've been wanting to explore the trails this summer but haven't yet, it's the perfect time to go cycling. If you don't have enough wheels for everyone in the family, look for nearby bike shops that frequently offer rental services to enjoy a bike ride with your family and loved ones.
- 3. Remodel your Yard into a Theater**  
Set up an outdoor movie theatre over the weekend to enjoy a good movie. Make your lawn more comfortable by adding cushions and throwing in a few blankets. If you really want to take things to the next level, fill a basket with snacks like popcorn, drinks or milk and hang some lights for added ambiance.
- 4. Plan a Barbecue**  
You now have the ideal justification for purchasing a vintage Weber charcoal grill that you had your eye set on for such a long time for the holiday BBQ.
- 5. Go to a Drive-In Movie**  
You'll completely forget about your Netflix subscription once you locate a drive-in theatre nearby. Enjoy a relaxing outing with your family, with popcorn and Coke, in your car.
- 6. Get the Community Involved**  
Children may learn so much from Labor Day parades. Get the kids and the community involved. Enjoy the long weekend with some great company.
- 7. Go Team!**  
Enjoying a baseball game is the ideal way to observe a national holiday. Visit your neighborhood ballpark, or watch it with friends at home with an unlimited supply of beer, hot dogs, peanuts, and Cracker Jacks.

Before the start of the school year, Labor Day is a great time to share with family and participate in fun activities. There are a plenty of enjoyable activities you may do around the house or at museums, theme parks, or other gatherings with your favorite people this year.

### What Our Clients are Saying About Us



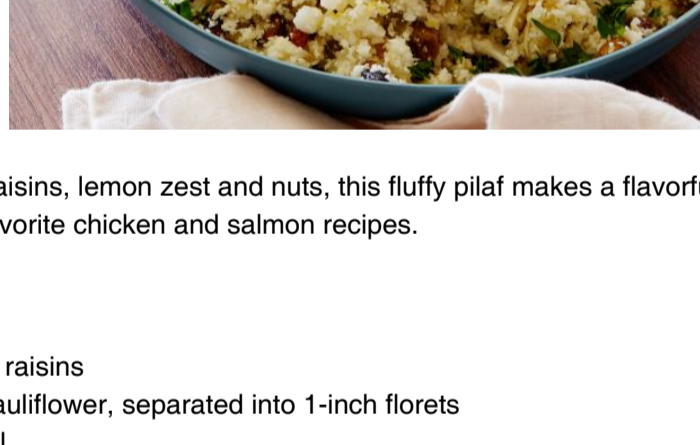
*"Mr. Cleveland was great. He was very attentive and responsive to all of my questions and the details of my case. I was in an auto accident with multiple other vehicles. My car was totalled and I sustained a ruptured spleen. Mr. Cleveland worked with the person at fault's insurance company as well as mine to reach a fair and adequate settlement."*

- GREG

[Continue Reading](#)



### Recipe of the Month: Healthy Sicilian Cauliflower Rice



Studded with raisins, lemon zest and nuts, fluffy pilaf makes a flavorful, high-fiber side for your favorite chicken and salmon recipes.

#### Ingredients

- 1/4 cup golden raisins
- 1 large head cauliflower, separated into 1-inch florets
- 1/4 cup olive oil
- 1 medium onion, finely diced
- 1/3 cup sliced skin-on almonds or shelled pistachios
- 2 tablespoons drained capers
- 2 small cloves garlic, thinly sliced
- Zest of 1/2 lemon
- Pinch red pepper flakes
- Kosher salt
- 1/4 cup fresh parsley leaves, finely chopped

#### Directions

Soak the raisins in warm water until plump, about 15 minutes. Drain and set aside.

Meanwhile, trim the cauliflower florets, cutting away as much stem as possible. In three batches, break up the florets into a food processor and pulse until the texture resembles that of couscous.

Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions, and stir to coat. Continue cooking the onions, stirring frequently, until the edges are golden brown, and the onions have softened, about 6 minutes. Add the almonds, raisins, capers, garlic, lemon zest and red pepper flakes, and cook, stirring, until the almonds are golden, about 3 minutes.

Add the cauliflower to the skillet and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes.

Spoon the cauliflower into a large serving bowl, garnish with parsley and season to taste with salt. Serve warm.

Recipe Courtesy of [the Food Network](#)

### What's Happening In & Around Athens

**Aug 23 – Sep 27**  
The Sunflower Concert Series  
UGA State Botanical Garden  
Athens

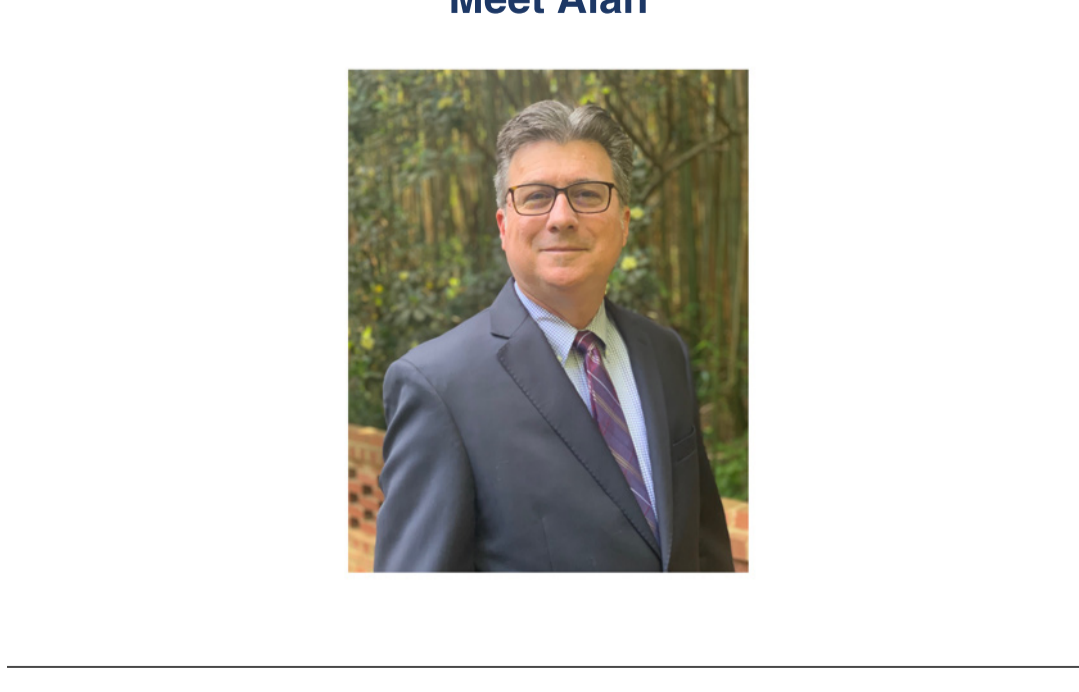
**Aug 24**  
Chase Matthews  
Georgia Theatre  
Athens

**Sep 24 – Nov 6**  
Fall Fun at Washington Farms  
Bogart

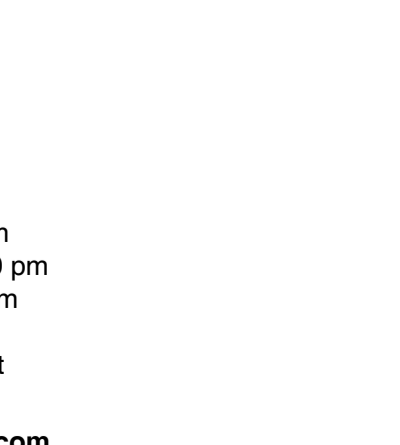
**Sep 30**  
Vegabonds  
Georgia Theatre

**Sep 30 – Oct 1**  
Wildwood Revival  
Cloverleaf Farm  
Arnoldsville

**Oct 2**  
Historic Athens Porchfest  
Athens



### Meet Alan



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### Office Hours:

- Monday: 8:30 am - 5:30 pm
- Tuesday: 8:30 am - 5:30 pm
- Wednesday: 8:30 am - 5:30 pm
- Thursday: 8:30 am - 5:30 pm
- Friday: 8:30 am - 5:30 pm
- Weekends: By Appointment

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

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