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PERSONAL INJURY & WORK INJURY LAW FIRM

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In this Issue...

- Preventing Prom Night Problems
- 10 Fun Facts About the US National Parks
- Recipe of the Month: Vegetarian Chili
- What's Happening In & Around Athens

Preventing Prom Night Problems



Prom night is fast approaching, and as teens primp and prepare, parents tend to worry. The reason why is fairly straightforward: Although prom can be uncomplicated fun in many cases, there is certainly a risk of it being memorable for all the wrong reasons. In particular, nothing puts a damper on festivities like legal trouble.

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10 Fun Facts About the US National Parks



America's National Parks are bursting with natural wonders, historical landmarks, and diverse ecosystems. From towering redwoods to geothermal geysers and sprawling sand dunes to cascading waterfalls, these protected areas offer adventure, education, and breathtaking beauty.

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**Recipe of the Month
Vegetarian Chili**

This vegetarian chili is every bit as warm, comforting, and filling as a classic [beef chili](#). Three types of beans do the heavy lifting, while warm spices and jalapeño add a little extra heat.



Ingredients:

- 1 tbsp. extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 red bell pepper, chopped
- 2 carrots, peeled and finely chopped
- 3 garlic cloves, minced
- 1 jalapeño, finely chopped
- 1 tbsp. tomato paste
- 1 (15.5-oz.) can of pinto beans, drained and rinsed
- 1 (15.5-oz.) can of black beans, drained and rinsed
- 1 (15.5-oz.) can of kidney beans, drained and rinsed
- 1 (28-oz.) can of fire roasted tomatoes
- 3 cups low-sodium vegetable broth
- 2 tbsp. chili powder
- 1 tbsp. ground cumin
- 2 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- Shredded cheddar for serving
- Sour cream for serving
- Cilantro for serving

Instructions:

1. In a large pot over medium heat, heat olive oil. Add onion, bell pepper, and carrots. Sauté until soft, about 5 minutes. Add garlic and jalapeño and cook until fragrant, 1 minute.
2. Add tomato paste and stir to coat vegetables. Add tomatoes, beans, broth, and seasonings. Season with salt and pepper to taste.
3. Bring to a boil, then reduce heat and let simmer for 30 minutes.
4. Serve with cheese, sour cream, and cilantro.

Recipe courtesy of www.delish.com



What's Happening In & Around Athens

February 10 - 11

[Athens Valentine's Craft and Vendor Market](#)

Tanger Outlets Commerce
Commerce

March 1 - 3

[8th Annual Athens GA Gem, Mineral, Fossil, and Jewelry Show!](#)

The Classic Center
Athens

February 13

[The Sixth Annual Historic Athens Mardi Gras](#)

Terrapin Brewery & Taproom
Athens

March 13

[Whiskies of Ireland](#)

J's Bottle Shop
Athens

February 22

[Orchid Madness - Orchids and Chocolates](#)

Porcelain and Decorative Arts Museum
Athens

March 17

[Georgia Quesival](#)

Alice H. Richards Children's Garden
Athens

February 29

[Improv Athens Performance](#)

Georgia Museum of Art
Athens

March 30

[Easter Cottontail Bunny Trail](#)

J & J Flea Market
Athens

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



Meet Alan



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

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