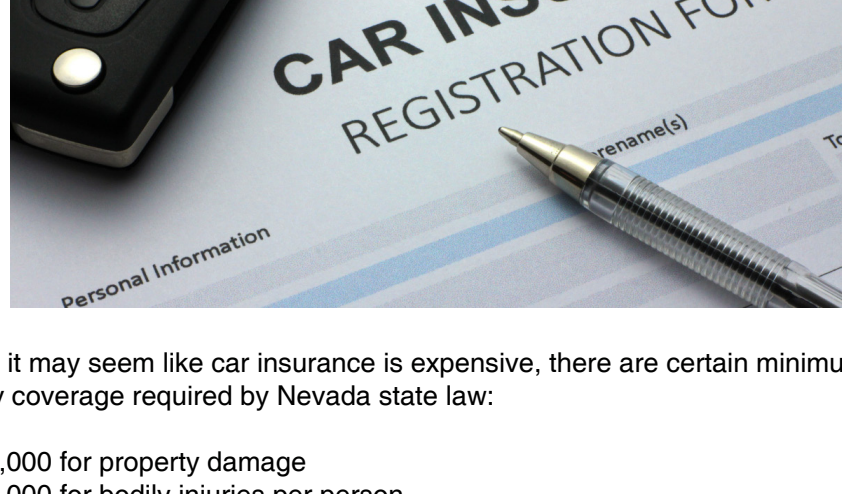


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- Why You Should Keep a Journal After an Accident or Injury
- What to Ask Your Personal Injury Lawyer
- Recipe of the Month: Sheet Pan Meatballs with Crispy Turmeric Chickpeas

## Driving Without Insurance Brings Stiff Penalties



Although it may seem like car insurance is expensive, there are certain minimum levels of liability coverage required by Nevada state law:

- \$25,000 for property damage
- \$25,000 for bodily injuries per person
- \$50,000 for bodily injuries per accident

Driving without insurance will cost you considerably more than paying for it, as this is considered a misdemeanor in Nevada with increasing fines and penalties for repeated offenses.

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## Why You Should Keep a Journal After an Accident or Injury



If you've been in an automobile crash or suffered a serious injury at work, through a slip and fall or other type of accident you may wish you could just forget the whole thing. However, a detailed record of your accident and subsequent treatment and recovery can be invaluable if you are pursuing legal redress for the event. In many instances, these types of cases can take a long time to resolve and over time it can be difficult to remember all the doctor's appointments, diagnostic testing, treatments, etc. that you received and their effectiveness, as well as all the other ways the incident has impacted your life. Keeping a detailed journal will mean all that information is available at your fingertips when needed. In the long run, it can also help reduce anxiety by giving you an outlet to express your feelings and track your own progress. Here are some tips on what to track.

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## What to Ask Your Personal Injury Lawyer



When looking for a personal injury lawyer for your case, there are four main factors you should consider. These include:

- **Experience in the same area of law:** Finding a personal injury attorney is not enough. You have to find a lawyer that has experience with cases just like yours. You don't want a corporate attorney handling your personal injury claim.
- **Trial experience:** It's true that the vast majority of personal injury cases settle out of court. However, sometimes a trial is necessary to secure the maximum amount of damages. You want to know you are working with a lawyer that is prepared to represent you if you need to file a lawsuit.
- **Diligence and dedication:** Your lawyer should be dedicated and responsible. For example, Nevada law requires personal injury cases to be filed within two years. Fail to do so, and you may forfeit your claim for damages. A qualified lawyer will be sure not to miss important filing deadlines.
- **A record of excellence:** Lawyers should be able to show you a track record of success by generally outlining past cases they worked on and telling you the award they received for their client.

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Do you need an injury lawyer for a Personal Injury Accident, Motor Vehicle Accident, Trip and Fall Accident, Slip and Fall Accident, Product Liability, Dog Bite, or Insurance Claim? THE702FIRM specializes in Personal Injury claims. Our Lawyers will fight for you until we have achieved the settlement you deserve. We understand that an injury accident can be one of the most unexpected things in your life. We realize that there are many personal and legal challenges you're facing, which is why we offer our attorneys to come to you. One of our main goals as Injury Lawyers is to make the process after your *injury accident* as easy for you as possible.



## Recipe of the Month Sheet Pan Meatballs with Crispy Turmeric Chickpeas



This easy weeknight meal is packed with flavors, textures, and color. Serve into bowls with lemony salted yogurt, lightly pickled onions and pita wedges for a fun, playful dinner.

### CHICKPEAS

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 tablespoon fennel seed
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 large red onion, thinly sliced, divided
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper

### MEATBALLS

- 1 lb. (455 grams) ground turkey
- 1/2 cup panko, or another plain, dry breadcrumb
- 1/4 cup plain yogurt
- 2 tablespoons water
- 1 teaspoon kosher salt
- 1 large egg
- 2 garlic cloves, minced
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon cayenne, hot paprika, or red pepper flakes, plus more to taste
- 2 tablespoons chopped cilantro, flat-leaf parsley or mint leaves, or a mix thereof, plus more to garnish

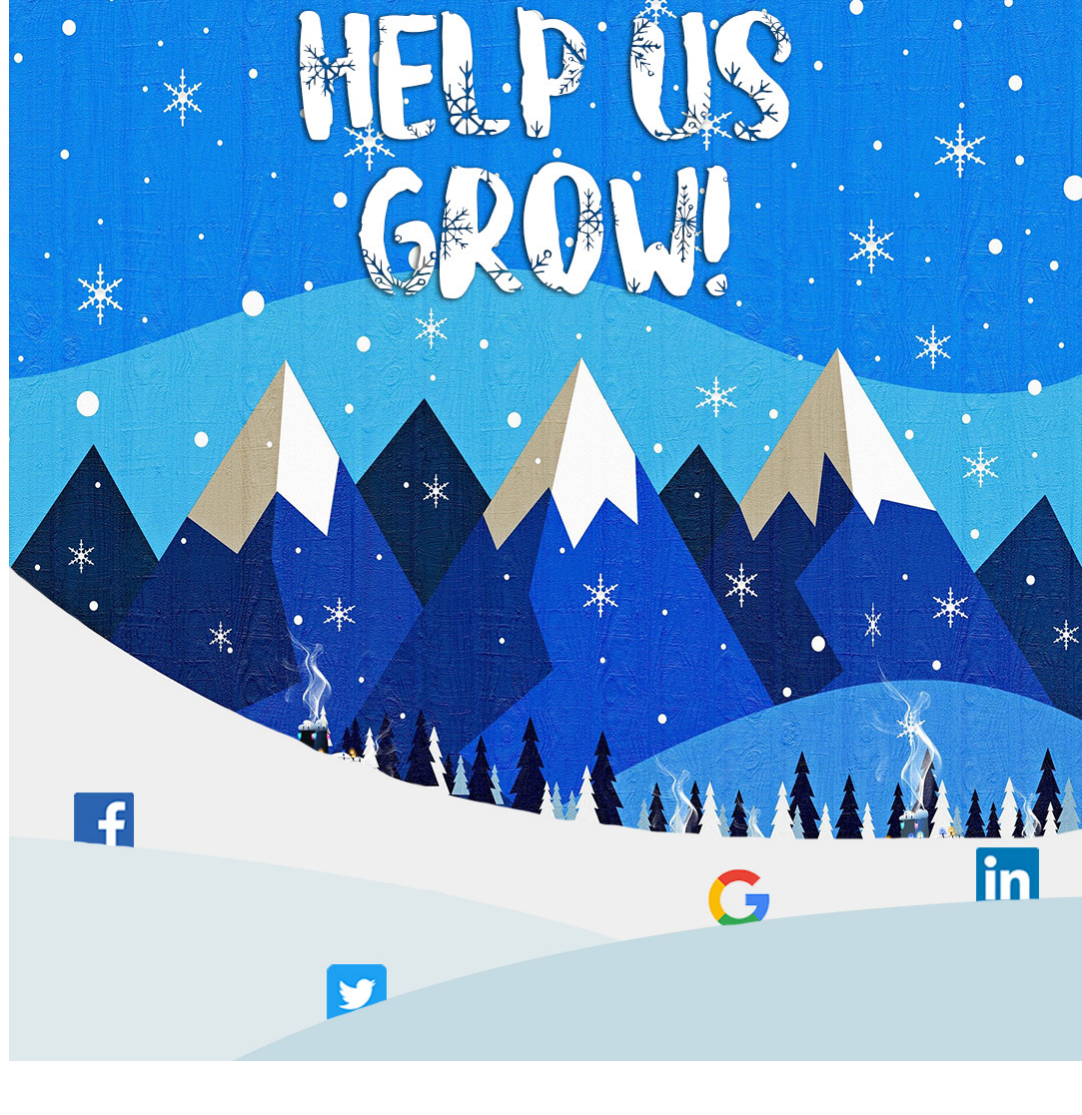
### TO SERVE

- 3 tablespoons lemon juice (from about 3/4 of a lemon)
- 3/4 cup plain yogurt
- Toasted pita wedges
- Harissa or another hot sauce

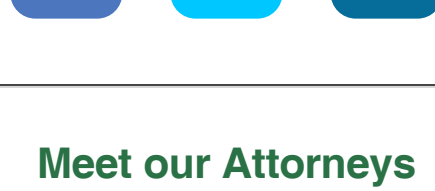
### DIRECTIONS

1. Heat oven to 400 degrees. Combine chickpeas, fennel seed, cumin, 1 teaspoon turmeric and half the red onion slices on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast for 25 minutes, until beginning to firm/crisp up.
2. Meanwhile, make meatball mixture. Mix all ingredients in a large bowl with a fork. Form into 1.75-inch meatballs.
3. Remove sheet pan with chickpeas from the oven (leave oven on) and move the chickpeas to the sides of the pan, clearing a space in the center. Lightly coat center with a thin coat of oil, either brush or spray it on. Add meatballs to oiled area, not touching. Place baking sheet in oven and bake 10 to 15 minutes, or until meatballs are cooked through.
4. Meanwhile, toss remaining onion slices with 2 tablespoons lemon juice and season with salt and pepper; set aside.
5. Combine yogurt with remaining 1 tablespoon lemon juice and season with salt and pepper; set aside.
6. When meatballs are cooked, scatter remaining fresh herbs over the tray. Serve with lemony onions and yogurt, toasted pita wedges and hot sauce.

Recipe courtesy of [thesmittenkitchen.com](https://thesmittenkitchen.com)



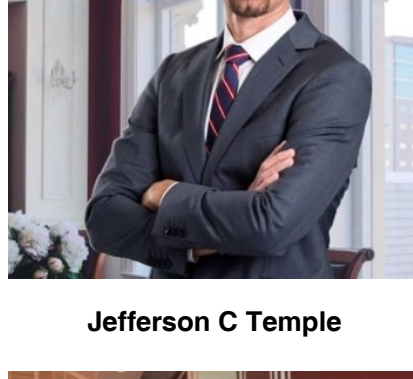
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