



# In This Issue...

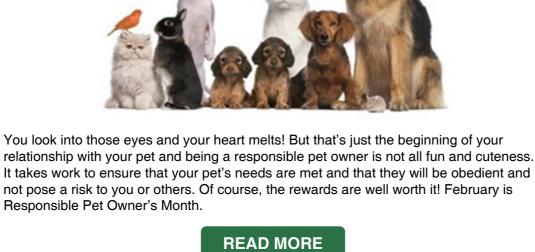
**Newsletter Winter 2022** 

- 7 Tips to Avoid a Dog Bite Injury 8 Tips for Being a Responsible Pet Owner
- How to Calculate Minor Car Accident Settlement Amounts Recipe of the Month: Panko-Crusted Salmon



the risk of getting bitten by a dog.

8 Tips for Being a Responsible Pet Owner



**How to Calculate Minor Car Accident Settlement Amounts** 



At THE702FIRM Injury Attorneys, we know that a minor car accident can be a major pain. Even a fender bender can leave you with uncomfortable injuries and other financial

losses. The good news is you could receive compensation through a car accident

But how will you know what a fair deal looks like? Knowing how to calculate a car accident settlement can help you identify whether the insurance company makes a valid offer. Call or contact us today for a free consultation with an experienced car accident

settlement with the at-fault driver's insurance company.

lawyer to learn more.

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

**LEARN MORE** 

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.

Thank You FOR YOUR REFERRALS

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

Referrals from loyal clients like you make our business a success. Your confidence in us is the greatest compliment! We are here for all your personal injury needs. Please give us a call if you think anyone including friends or family would benefit from our services.



 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

2. In a small bowl, mix the panko, parsley, lemon zest, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Drizzle with the olive oil and stir until the crumbs are evenly

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

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

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

## 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

Apr 24

Blippi The Musical Orleans Arena

like iron and vitamin D.

2/3 cup panko (Japanese dried bread flakes)

Kosher salt and freshly ground black pepper

2 tablespoons minced fresh parsley

1 teaspoon grated lemon zest

1. Preheat the oven to 425 degrees

coated. Set aside.

help the panko adhere.

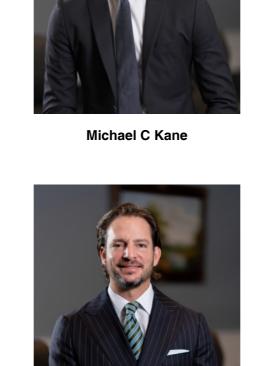
Ingredients

**Directions** 

- Help 1/8 Grow!



**Meet our Attorneys** 



**Bradley J. Myers** 

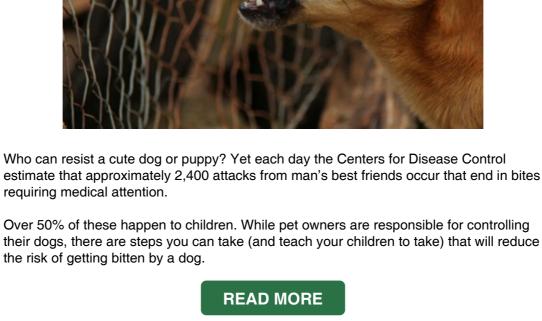
Phone: (702) 776-3333 Office Hours M-F: 8AM - 5PM

**Our Office** 

THE702FIRM 400 S 7th St #400 Las Vegas, NV 89101

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What's Happening In & Around Las Vegas 7 Tips to Avoid a Dog Bite Injury

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