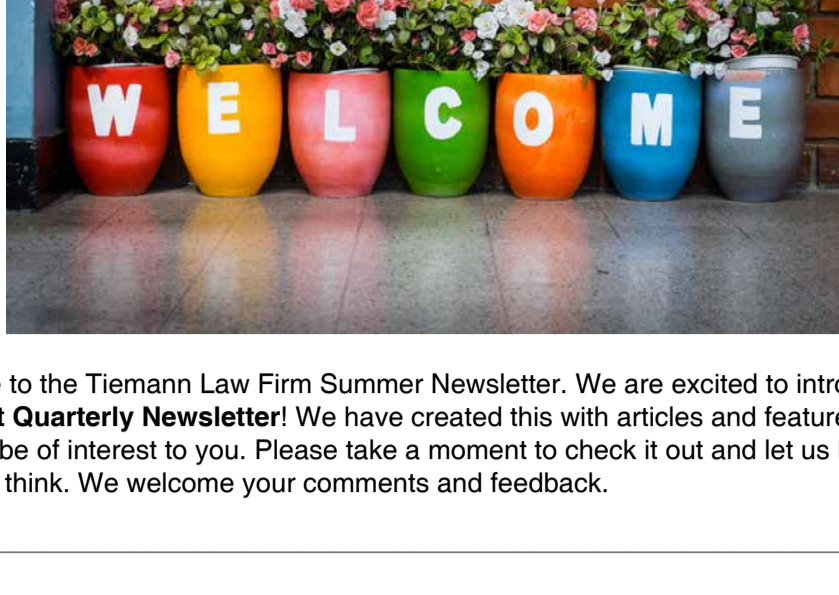


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Welcome to the Tiemann Law Firm Summer Newsletter. We are excited to introduce you to our **1st Quarterly Newsletter!** We have created this with articles and features we think will be of interest to you. Please take a moment to check it out and let us know what you think. We welcome your comments and feedback.

Featured Attorney



Jelena Tiemann

[Click here to read more](#)

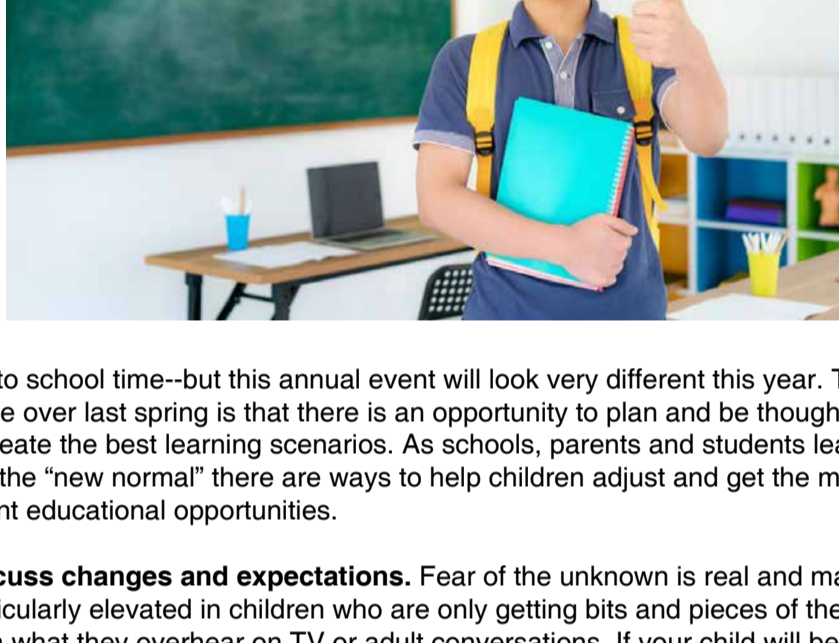
9 Things to Do if You're in an Automobile Accident



Even if you're a careful, safe driver, accidents happen. In a matter of seconds, your life, and the lives of those you love can be altered in a way that can cause physical pain, financial hardship, and psychological anguish. When a car accident is the result of another driver's recklessness, negligence, or carelessness you may be entitled to compensation to cover the cost of medical bills and other expenses, lost wages, and other hardships. What happens right after an accident can be critical in building your case. Although it's hard to keep your wits about you when an accident occurs, try to remember to do the following:

1. Check for injuries in your vehicle and the other car involved in the accident. Call 911 to get police and emergency medical personnel heading to the scene.
2. Assess immediate danger. If your car is in the middle of a busy highway and it's drivable you may want to move it off the road. Get clear of the vehicle if you smell smoke or see other signs a fire is starting.
3. Take photos. If safe and your injuries don't prevent you, try to take pictures of the collision with your cell phone (or ask someone to do for you) before vehicles are moved. Show the damage from several angles. Be sure to include in your photos pertinent details such as hazardous road conditions, skid marks, etc. Your photos may speed your insurance company claims process too as some companies now use an app that allows you to submit photos instead of waiting for an adjuster to come and assess the damage.
4. Get a police report. Depending on the state your accident occurs in, it may be the law for you to notify the police that an accident has occurred. Be sure to get the name, badge number and email or phone number of the police officer. It's also a good idea to ask for a copy of the police report for insurance purposes.
5. Exchange contact info with other drivers. You'll want to get all the contact, insurance, and other pertinent information from anyone else involved in the accident.
6. Record what happened. It's easy for memories to fade or become confused after a traumatic event like a motor vehicle accident. As soon as possible either right down or dictate into your phone exactly what you remember happening.
7. Talk to witnesses. Get contact information from those who witnessed your accident. Their testimony can be invaluable for your claim.
8. Keep your cool. Your goal at the accident scene is to gather evidence and make sure you have all the information you need to proceed with your case. Leave the sorting out of who is at fault to a professional attorney who has experience dealing with these motor vehicle accidents and personal injury lawsuits.
9. Accept medical evaluation and help. Even if you feel fine and don't think your injuries are serious enough, you should accept the medical care offered at an accident. Many times, aches and pains won't show up until 24-48 hours after an accident. The doctor's report will become a critical part of the documentation for your case.

Back to School COVID Style

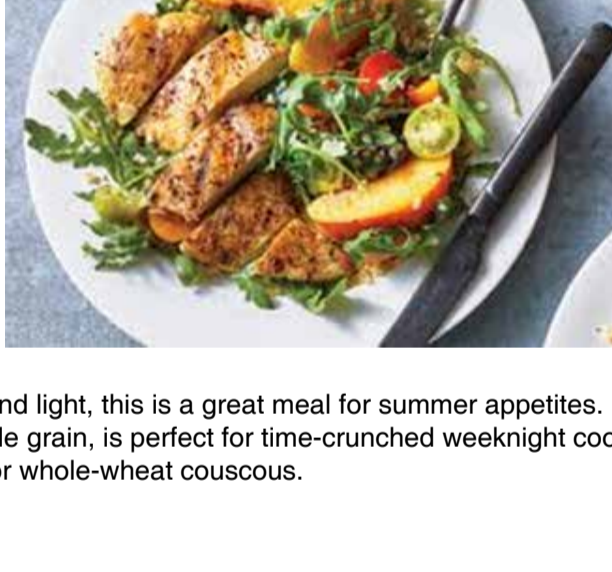


It's back to school time--but this annual event will look very different this year. The advantage over last spring is that there is an opportunity to plan and be thoughtful about how to create the best learning scenarios. As schools, parents and students learn how to navigate the "new normal" there are ways to help children adjust and get the most out of the current educational opportunities.

- **Discuss changes and expectations.** Fear of the unknown is real and may be particularly elevated in children who are only getting bits and pieces of the story from what they overhear on TV or adult conversations. If your child will be in school, explain new procedures like wearing a mask, eating lunch in the classroom and changes in specials like gym and art. If distance-learning or some combination of home and school teaching is the way your district is going, discuss schedules and how at-home learning will take place. Let your child know that you expect them to do their best no matter what. Also, be sure to ask them what questions and concerns they have and answer them as completely as you're able to.
- **Upgrade technology.** If you will have multiple children learning at home and possibly a parent or two continuing to work from home too it may be time to upgrade your internet and hardware. Consider a new and faster router to allow everyone to work more efficiently.
- **Create a productive home classroom.** Have an area of your home dedicated to schoolwork. A specific space that is set up and fully stocked with all supplies necessary for learning will help create boundaries and a sense of order and routine. From a practical standpoint, it will make it easier to keep track of homework and other school-related items.
- **Find ways to socialize safely.** No amount of planning or technology can take the place of being with peers. Talk to the parents of your children's friends and see if you can arrange some in-person study time. Get creative. Plan to do it outdoors, with masks and at a safe distance.
- **Blur the lines between education and fun.** Now more than ever it's important to supplement your child's education. Enjoy science and nature up close while hiking, find some engaging documentaries on TV, build math skills with card games, etc. to help increase learning opportunities and enjoyable times together.

Have you or a loved one been a victim of a DUI, car, truck or motorcycle accident, dog attack, elder abuse, slip and fall incident or by a defective product? If so Tiemann Law Firm can help. Our experienced personal injury attorneys will fight for the compensation you deserve. Contact us today for a free, same-day consultation by calling: (916) 999-9000 or toll-free: 1-800-712-2000.

Recipe of the Month Chicken and Bulgur Salad with Peaches



Fresh, seasonal, and light, this is a great meal for summer appetites. Bulgur, a quick-cooking whole grain, is perfect for time-crunched weeknight cooking. You can also substitute quinoa or whole-wheat couscous.

Ingredients

- 1 1/3 cups water
- 2/3 cup bulgur
- Cooking spray
- 1-pound chicken breast cutlets
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 4 cups packed arugula
- 2 cups halved cherry tomatoes
- 2 cups sliced fresh peaches
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons rice vinegar

How to Make It

1. Bring 1 1/3 cups water and bulgur to a boil in a small saucepan over high. Reduce heat to medium-low; cover and simmer 10 minutes. Drain and rinse under cold water. Drain well; let dry on paper towels.
2. Meanwhile, heat a grill pan coated with cooking spray over high. Sprinkle chicken with 1/2 teaspoon salt and pepper. Grill chicken, turning occasionally, until done, 6 to 7 minutes. Remove to a cutting board. Let stand 3 minutes. Slice against the grain into strips.
3. Place bulgur, arugula, tomatoes, and peaches in a large bowl. Add remaining 1/2 teaspoon salt, oil, and vinegar; toss to coat. Divide mixture among 4 plates; top evenly with chicken.

Recipe courtesy of [CookingLight.com](#)



What's Happening In & Around Sacramento

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant outdoor activities in your area.

[Bike the American River Trail](#)
Sacramento, CA

[Cruise the Sacramento Zoo](#)
Sacramento, CA

[Fairytale Town](#)
Sacramento, CA

[Westwind Drive-In Theater](#)
Sacramento, CA

[Skydivers - Hot Air Balloon](#)
Sacramento, CA

[Bannon Creek Park & Parkway - Hiking](#)
Sacramento, CA

[Golfland Sunsplash](#)
Roseville, CA

[Sara Park - Hiking](#)
Sacramento, CA

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