



In This Issue...

- Warning: Distracted Holiday Drivers Ahead
- 6 Most Common Causes of Rear End Collisions
- Recipe of the Month: Savory Stuffed Squash
- What's Happening In & Around Sacramento

Warning: Distracted Holiday Drivers Ahead



Tis the season for extra travel, extra shopping, and lots of extra items on everyone's to-do list. That means more drivers on the road will be distracted, requiring increased vigilance and defensive driving strategies to keep you safe.

Types of Distractions

According to the Centers for Disease Control and Prevention, there are three categories of distractions that put drivers at risk of a **motor vehicle accident**:

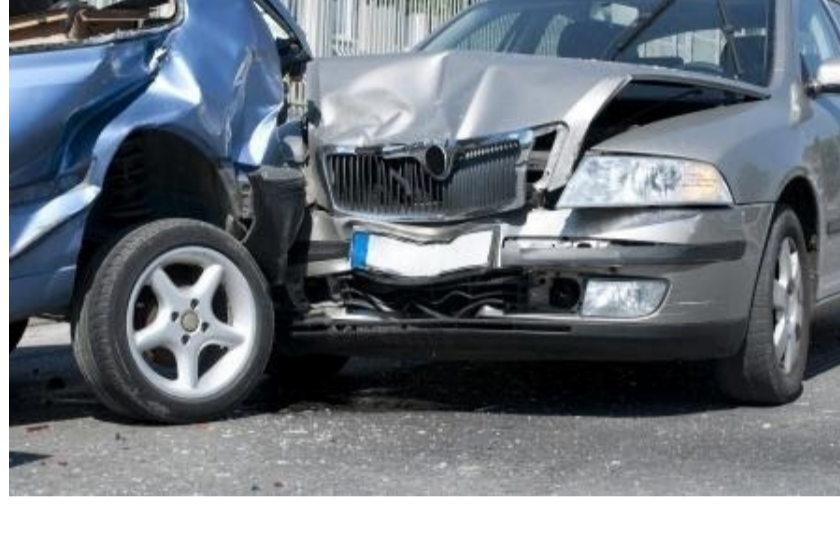
Cognitive Distractions—What to get Aunt Millie for Christmas, is your black-sheep brother coming for Thanksgiving dinner, how will you afford that new bike for your daughter—these are all examples of items that might take your mind away from the road. Loss of focus can also occur from being overtired and getting on the road after a full day of staring at a computer screen for work and zoom meetings.

Manual Distractions—This describes any activity that takes your hand or hands away from the wheel, even for a second. Trying to put makeup on while you drive to a party, for example, or eating breakfast in the car because you overslept. When drivers are manually distracted they run the risk of not being able to compensate quickly for unexpected events like an object in the road or someone swerving into their lane.

Visual Distractions—Anything that takes your eyes off the road counts as a visual distraction. Looking in your purse to see if you brought the store coupons, choosing a different route on the GPS to get out of traffic, and of course, checking cell phones are examples of visual distractions. Traveling at 55 mph, if a driver takes his eyes off the road for 5 seconds he can travel the distance of the length of an entire football field.

Protect yourself and your family this holiday season. Build extra time into your travel schedule, get enough sleep, and stay focused on the road and the drivers around you to avoid distracted driving accidents.

6 Most Common Causes of Rear End Collisions



Each year **rear end collisions** cause whiplash injuries to the neck and head of accident victims due to the sudden impact which thrusts the head forward and then rapidly snaps it back. Although in many cases the driver who crashes into the rear of another car is found at fault, it is not always so clear-cut. Factors such as the lead driver pulling out too quickly, failing to use appropriate turn signals, or having defective brakes can result in shared blame. Below are six reasons rear end collisions occur.

1. **Distracted driving**—while this is a key factor in all types of motor vehicle accidents, it can play an increased role in rear end collisions, particularly if they take place while stuck in one of California's famous traffic jams. Bored drivers start to check emails and phone messages while they sit in traffic and fail to see the driver ahead of them come to a complete stop.
2. **Poor weather conditions**—sometimes slippery surfaces cause one car to slide into another vehicle. However, drivers are responsible under the law for assessing road conditions and leaving extra space between them and the vehicle ahead if conditions are hazardous.
3. **Driving under the influence**—this decreases the driver's ability to focus, accurately judge distance and react quickly.
4. **Fatigued driving**—unbelievably, a driver that's falling asleep or very tired will experience similar decreases in cognitive and physical abilities as someone who is under the influence.
5. **Aggressive driving**—forms of this type of driving include tailgating, speeding, and unsafe lane changes, all of which can result in a rear end collision.
6. **Rubbernecking**—sometimes one accident causes another. When drivers become distracted looking at an accident on the other side of the road crashing into the vehicle ahead becomes more likely.

If you've been involved in a rear end collision an experienced attorney can help you understand your rights and help you pursue the compensation to which you are entitled.

Have you or a loved one been a victim of a **DUI, car, truck, or motorcycle accident, dog attack, or a slip and fall incident**? 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: (800) 712-2000.



Recipe of the Month Savory Stuffed Squash



Potato lovers rejoice! As the name suggests, the baked potato squash is less sweet and seemingly more starchy than typical squash varieties. Carbs without guilt!

Ingredients:

- 1 Baked Potato or Acorn Squash
- 2 Tbsp Extra Virgin Olive Oil
- 1 Bunch Tuscan Kale
- 1 Sweet Onion
- 1/3 Cup Blue Cheese
- 1/3 Cup Chopped Pecans
- Salt
- Black Pepper

Instructions:

1. Preheat your oven to 400 degrees.
2. Wash and dry the squash. Using a sharp knife, cut each squash in half length wise. Scoop out the seeds with a metal spoon and place the squash cut side up on a baking sheet.
3. Drizzle 1 tablespoon of olive oil over the two halves and use clean hands or a basting brush to distribute the oil evenly and season with salt and pepper for 45 minutes to an hour, until the flesh can be easily pierced with a fork
4. Peel the onion and cut it in half. Lay the cut side of each half down and slice the onion into 1/8 inch or so pieces. Heat the remaining 1 tablespoon of olive oil in a saucpan over medium heat and add the onion. Season with salt a pinch of salt and some black pepper and stir to coat. Allow the onion to cook, stirring occasionally until it become soft and translucent, about 10 minutes.
5. While the onion is cooking, wash your kale and peel or cut the leaves away from the hard stem, discarding the stem (or saving it for stock).
6. Stack the leaves on your cutting board horizontally and begin to slice them vertically creating short little ribbons. Add the kale to the cooked down onions and stir. Allow the kale to cook for 5 minutes or until it has wilted and is soft. Turn the heat off and stir in the pecans and blue cheese.
7. Divide the filling equally amongst the squash halves and place in the 400-degree oven to bake for 10 minutes.
8. Remove the squash and cut each half in half again before serving.

Recipe courtesy of a wellbasedlife.com

Featured Attorney



Jelena Tiemann

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What's Happening in & Around Sacramento

Dec 5

[Joy to the World Celebrating Traditions From Across the Globe](#)
Sacramento Memorial Auditorium

Dec 11

[Sacramento Jingle Bell Run 5K](#)
William Land Regional Park

Nov 28

[Sacramento Run to Feed the Hungry](#)
California State University

Dec 3

[Trans-Siberian Orchestra](#)
Golden 1 Center

Dec 28 – Jan 2

[Charlie and The Chocolate Factory](#)
SAFE Credit Union Performing Arts Center

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