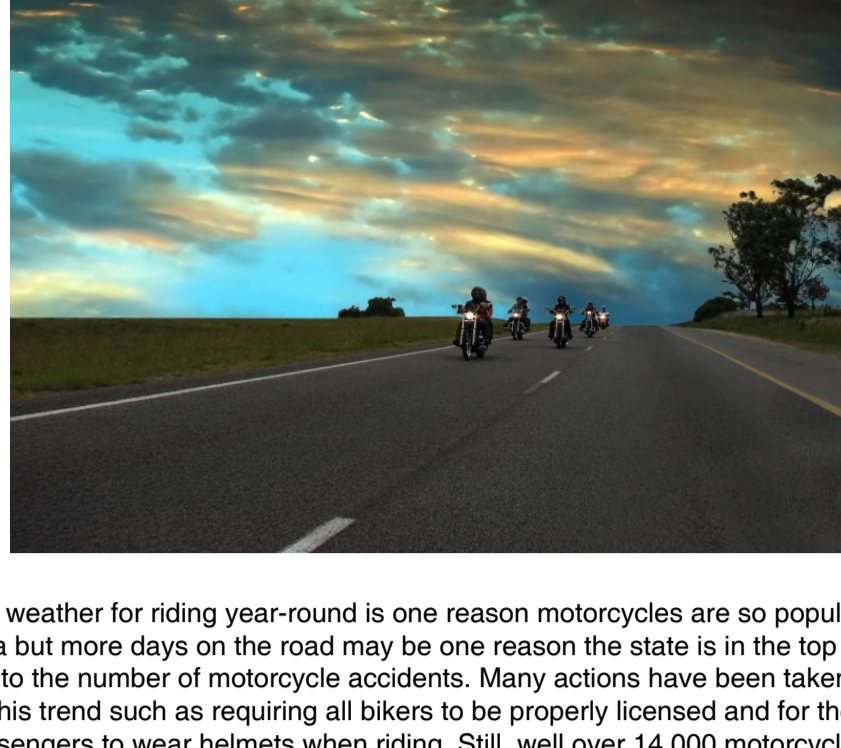


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- 4 Ways Missed Medical Appointments Can Jeopardize Your Claim
- Recipe of the Month: Asian Lettuce Wraps
- What's Happening In & Around Sacramento

Tips for Motorcycle Riders



Pleasant weather for riding year-round is one reason motorcycles are so popular in California but more days on the road may be one reason the state is in the top 15 when it comes to the number of motorcycle accidents. Many actions have been taken to change this trend such as requiring all bikers to be properly licensed and for them and their passengers to wear helmets when riding. Still, well over 14,000 motorcyclists are injured in the state each year.

Vigilance Needed by Drivers and Riders

Many motorists claim that they didn't see the motorcycle they were in an accident with but checking blind spots is an action required for safe driving. Some common causes of accidents include:

- **Dooring**—opening a door of a parked car into a lane of traffic where a motorcycle is approaching
- Making a turn or changing lanes without checking blind spots
- Speeding
- Lane splitting accidents—California is the only state where lane splitting is legal. That is the practice of riding between parked or moving cars in the same lane. Sudden lane changes by drivers can result in an accident if a motorcycle is lane splitting.

Damages in Motorcycle Accidents

Unfortunately, there is often a stigma associated with motorcyclists that they are "reckless and irresponsible" on the road. Most motorcyclists, however, are safe riders that have been injured sometimes due to a negligent driver. An experienced attorney will get the facts about your accident and know how to best fight for the compensation you are entitled to.

Damages awarded to motorcycle accident victims can include compensation for:

- Current and future medical expenses for injuries from the accident
- Loss of wages and earning capacity
- Property damage
- Pain and suffering
- Disability
- Emotional suffering

Navigating a motorcycle accident can be complex. Whether it's dealing with an insurance company or filing a suit against a negligent driver, we can help you get the maximum amount of compensation you deserve.

4 Ways Missed Medical Appointments Can Jeopardize Your Claim



If you're pursuing damages for injuries suffered in an accident, slip and fall, or another type of personal injury case chances are you are receiving services from several medical providers. Missing medical appointments with doctors, therapists, rehabilitative services, and diagnostic tests can seriously threaten the outcome of your case. Here's how:

1. **Credibility of Your Injuries**—One or more DNS (did not show) notations on your medical records gives insurance companies and attorneys on the other side the ammunition they need to say that your injuries weren't that serious and that you weren't suffering, or you would have kept the appointment(s).
2. **Motivation to Heal**—Another claim that missed medical appointments opens you up to is that you don't care about getting better. You're not doing your part to help yourself heal from the injuries you've sustained.
3. **Witness Disposition**—Your lawyer may need the testimony of one of your doctors or other medical providers. Missing appointments is irritating to medical practitioners and throws a wrench in their daily care plans. It may also lead a provider to think that you're not taking your recovery seriously. This does not make for a convincing witness for your case!
4. **Difficult to Explain**—Trust your attorneys on this—it's difficult if a case comes to trial to give a plausible explanation for missed appointments.

If You Have to Cancel

Your best choice is to do whatever it takes not to miss any medical appointments stemming from your injuries. If unexpected circumstances arise and you absolutely must cancel an appointment be sure to give the practitioner at least 24 hours. Reschedule the appointment immediately or as soon as you can.

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.

We Have MOVED

Our New Address

**1500 River Park Drive
Sacramento, CA 95815**

Recipe of the Month Asian Lettuce Wraps



Delicious and bursting with flavor, Asian lettuce wraps are a great idea for entertaining or a family style meal. Substitute ground beef for ground chicken, turkey, or soy crumbles for an even healthier alternative.

Ingredients

- 16 Boston Bibb or butter lettuce leaves
- 1 lb. lean ground beef
- 1 tablespoon cooking oil
- 1 large onion, chopped
- ¼ cup hoisin sauce
- 2 cloves fresh garlic, minced
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons minced pickled ginger
- 1 dash Asian chile pepper sauce, or to taste (Optional)
- 1 (8 ounce) can water chestnuts, drained, and finely chopped
- 1 bunch green onions, chopped
- 2 teaspoons Asian (dark) sesame oil

Directions

1. Rinse whole lettuce leaves and pat dry, being careful not tear them. Set aside.
2. Heat a large skillet over medium-high heat. Cook and stir beef and cooking oil in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease, transfer beef to a bowl. Cook and stir onion in the same skillet used for beef until slightly tender, 5 to 10 minutes. Stir hoisin sauce, garlic, soy sauce, vinegar, ginger, and chile pepper sauce into onions. Add water chestnuts, green onions, sesame oil, and cooked beef; cook and stir until the onions just begin to wilt, about 2 minutes.
3. Arrange lettuce leaves around the outer edge of a large serving platter and pile meat mixture in the center.

Recipe courtesy of Rachel Castro for allrecipes.com



What's Happening In & Around Sacramento

- Mar 4 – 6**
[Sacramento Home & Garden Expo](#)
Cal Expo
- Mar 15 – 17**
[Shen Yun](#)
SAFE Credit Union Performing Arts Center
- Mar 24 - 26**
[Quilt, Craft & Sewing Festival](#)
Cal Expo
- Mar 30**
[Billie Eilish](#)
Golden 1 Center
- Mar 31 – Apr 24**
[Wicked](#)
SAFE Credit Union Performing Arts Center
- Apr 1**
[Journey & Billy Idol](#)
Golden 1 Center
- May 11**
[Celtic Women](#)
SAFE Credit Union Performing Arts Center

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24/7 Consultations

www.tiemannlawfirm.com

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