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### 5 Ways to Prevent Pedestrian Accidents



It's a sad fact but the state of California has more pedestrian deaths on its roads than any other in the country with a fatality rate that is nearly 25% higher than the national average. The most recent statistics show that more than 14,000 pedestrians were injured in accidents in our state within one year.

If you're out walking, there are steps you can take that will significantly reduce your chances of being the victim of a pedestrian accident. These include:

1. **Get noticed**—wear bright colors when you are walking. If you tend to walk at dusk or have to take the dog out at night, increase your visibility by wearing reflective clothing and always carrying a flashlight.
2. **Choose the best route**—a sidewalk or path is always the ideal choice. If you have to walk directly on the road, be sure there's at least a shoulder to stay on. The more distance between you and motor vehicles the better.
3. **Walk on the right side**—it's best to walk facing traffic. (Unless, of course, there's a sidewalk on one side of the road and not the other.) Many drivers today are distracted and if you're facing them, you're more likely to spot a driver who is swerving out of the lane—a potential sign of distraction. Attempt to make eye contact so that you know the driver sees you.
4. **Cross with care**—always use a designated crosswalk and cross at an intersection. Don't jay walk or come out between cars into the road.
5. **Stay focused**—although many people enjoy podcasts or music or even making phone calls while they walk, earbuds or other listening devices can block sound and cause you to miss important cues like a horn beeping, or motorcycle, or car coming close to you. If you want to listen, use only one ear bud so you can hear out of the other ear. Also, avoid using alcohol or drugs that would impede your judgment and response time.

If you are the victim of a pedestrian accident, you may be shocked to learn that the driver's insurance company is trying to lay the blame on you. That's why a call to an experienced attorney should be one of your first moves after a pedestrian accident. Our lawyers will help you understand your rights and make sure you are getting fair treatment and the compensation you deserve.

### Helping Teen Drivers Stay Safe



During the fall, we recognize National Teen Driver Safety Week—an important opportunity to focus on ways to help keep teenage drivers safe. Consider these sobering facts from the United States Department of Transportation:

- Motor vehicle crashes are the number one cause of death for teens, ages 15-18 years old in the U.S.
- 2,042 people were killed in accidents involving a teen driver in 2019 and 628 of these deaths were the teen driver.

#### What Parents Say Matters

Although you may feel like most of the time your teen doesn't listen to you when it comes to influencing their choices behind the wheel, your words and actions have a significant impact. It's critical to emphasize and model the following safe driving practices:

- Always buckle up before your put the car in drive. This goes for whether you're going on a long trip or just heading into town to buy milk.
- Avoid distractions. It's no surprise that in the state of California drivers under 18 may not transport passengers under age 20 without an adult over 24 years old in the vehicle. Teens distract other teens and many states have attempted to mitigate this risk through new laws. Other distractions to avoid include: using a cell phone, fiddling with a GPS or radio, eating and grooming while driving.
- Don't speed.
- Never drive if you feel drowsy. It's always better to pull over and rest or call for a ride.
- Don't use alcohol or drugs and then get behind the wheel. This is a double whammy for teens which will severely impact their ability to drive for a long period of time.

In addition to emphasizing safety and state laws, it's best if parents get their teens to commit to driving safely by signing a "Safe Driver" pledge. Discuss ahead of time what the consequences will be if your child breaks the contract and be consistent in following through if necessary—their life and the lives of others depends on it.

Have you or a loved one been a victim of a **DUI, car, truck, or motorcycle accident, dog attack, or by 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 Chicken and Stuffing Casserole



#### Ingredients

- 1 c. salted butter, divided
- 1 c. chopped onion
- 1 c. chopped carrot
- 1 c. chopped celery
- 1/2 c. all-purpose flour
- 6 c. low-sodium chicken broth, divided
- 4 1/2 c. shredded cooked chicken
- 1 c. frozen peas
- 1/2 c. heavy cream
- 1 tbsp. chopped fresh thyme
- 3/4 tsp. salt
- 1 tsp. pepper
- 1/4 tsp. ground turmeric
- Nonstick cooking spray
- 2 6-oz. packages Savory Herb flavored stuffing mix
- 1/4 c. chopped fresh parsley, plus more for garnish

#### Directions

Preheat the oven to 375°. Melt 1/2 cup of the butter in a Dutch oven over medium high heat. Add the onion, carrot, and celery, and cook until vegetables are beginning to soften, about 3 minutes. Sprinkle the flour over the vegetable mixture and cook, stirring frequently, for 1 minute.

Gradually stir in 4 cups of chicken broth. Bring to a boil, then reduce the heat to medium-low. Simmer, stirring often, for about 5 minutes or until the sauce begins to thicken. Stir in the chicken, peas, heavy cream, thyme, salt, pepper, and turmeric. Return to a simmer and cook for 3 more minutes.

Spray a 13x9-inch baking dish with nonstick spray and pour in the filling. Place the remaining 1/2 cup of butter in a large, microwave safe bowl. Cover and cook on high for 1 minute to melt. Stir in the stuffing mix, remaining 2 cups of chicken broth, and 1/4 cup parsley. Let stand 2 minutes or until stuffing mix has absorbed the broth.

Top the chicken mixture evenly with the stuffing mixture. Bake for 30-35 minutes or until golden brown on top and bubbly around the edges. Let stand 15 minutes. Sprinkle with additional chopped parsley before serving.

Recipe courtesy of *The Pioneer Woman*



### What's Happening In & Around Sacramento

**Nov 25 – Jan 1**  
Enchant – Holiday Light Maze & Village  
Sutter Health Park

**Dec 2-3**  
Trans-Siberian Orchestra  
Golden 1 Center

**Dec 10**  
Sacramento SANTA Parade  
California State Capital Park

**Dec 11 – 24**  
The Nutcracker & Live Orchestra  
SAFE Credit Union Performing Arts Center

**Jan 4 – 15**  
Disney's Frozen  
SAFE Credit Union Performing Arts Center

**Jan 27 – 29**  
Monster Jam  
Golden 1 Center

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