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### Dangers of Fatigued Driving



For most people, there aren't enough hours in the day to get everything done and the easiest way to gain extra time is to stay up later or rise earlier. Although many drivers don't think getting behind the wheel when they're tired is a big deal, the consequences can be fatal. According to the Centers for Disease Control and Prevention, approximately 6,000 fatal car crashes each year are the result of fatigued drivers. In addition, recent statistics from the National Highway Safety Transportation Administration report that 50,000 people were injured in a car accident involving a drowsy driver.

#### Drowsy Drivers vs Drunk Drivers

What many people don't realize is that being fatigued or drowsy can have a similar effect on your body to alcohol. The National Sleep Foundation says that being awake for 18 hours can have the same impact on your body as a blood alcohol concentration of .05 percent—nearly the legal limit for being considered drunk.

#### Signs of Driver Fatigue

There are several ways that being over-tired can negatively impact driving. These include:

- Slower reaction time—not recognizing changes in traffic patterns or road conditions
- Vision problems such as blurry or tunnel vision
- Loss of judgement
- Drifting out of the lane
- Failing to observe traffic signs
- Erratic changes in speed—the driver may slow way down and then suddenly speed up

Unfortunately, today there are more reasons than ever why people may be driving in an impaired state due to fatigue. For example, the long hours many workers are now spending in front of a computer on Zoom meetings while working from home can create a brain fog that can impair driving ability. Medications, sleep disorders, and prolonged periods of boredom or inactivity can also contribute to driver fatigue.

If you are involved in an accident caused by a drowsy driver there's a good chance you have sustained serious injuries. Often, especially if a driver falls asleep while driving, the vehicle will be traveling at a high rate of speed when it hits another car. Driving while drowsy is negligence and if you've been injured as a result you should be able to recover damages for the medical care you will need and for lost wages, impact on your career, and pain and suffering as well. An experienced attorney can help you understand your rights and pursue a successful case for you.

### What to Do if Your Child is Bullied



At one time or another, most children will be teased or must endure taunts on the school playground. But what about when childish behavior becomes something much more sinister and harmful and becomes bullying? The first step is to understand what constitutes bullying or harassment. There are some key components of the behavior of a person or group of people's actions that constitute bullying, including:

- Repetitive
- Intentionally harmful and/or causing fear of harm to a person or property
- Causes a detrimental effect on the child's physical or mental health
- Creates substantial interference in a student's academic performance or ability to participate in and benefit from services and activities

Bullying actions can be physical or verbal and may include written or electronic communications.

#### Signs of Bullying

How do you know if your child is being bullied? Your child may or may not tell you if they are harassed. Signs that should make you suspicious include:

- Choosing to be more isolated and spending an increased amount of time alone or in their rooms
- Stopping participating in activities they used to enjoy
- Not using the bathroom at school (lack of cameras and supervision in bathrooms make these a prime venue for bully attacks)
- Seeming upset after text or email messages
- Negative self-talk and making deprecating statements about themselves
- Your child has an increased number of complaints about not feeling well or not wanting to go to school
- Nightmares
- Unexplained injuries or bruises

#### Take Action

Talk to your child if you suspect he or she is being bullied. Help your child name the types of actions that are going on and don't try to deny what they are experiencing. Children need to know that their parents believe them and that they are their primary supporters and protectors. Talk to an administrator at your child's school. Keep documentation of everything that happens. If you don't feel that the school is acting to protect your child and you have concerns for your child's emotional and physical well-being, contact an experienced attorney to find out what your legal options are in a case of bullying.

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 One-Pan Chicken Pomodoro



A hearty and wholesome one-pan meal that requires minimal time in the kitchen and more time to enjoy this delicious dinner!

#### Ingredients:

- Extra virgin olive oil, 2 tsp(s)
- Chicken breast, raw, 6 oz(s)
- Black pepper, 1 tsp(s), ground
- Yellow onion, 1 small, finely chopped
- Garlic, 1 clove(s), crushed
- Tomato paste no salt added, 1 1/2 tbsp
- Cherry tomatoes, 9 oz, halved
- Zucchini, raw, 2 medium, diced
- Low sodium chicken stock, 3/4 cup(s)
- Balsamic vinegar, 2 tsp(s)
- Basil, fresh, 1/2 cup(s), whole leaves
- Green beans, raw, 2 cup 1/2" pieces

#### Directions:

1. Heat a medium non-stick frying pan over medium-high heat until hot. Add 1 teaspoon of the olive oil. Season the chicken with pepper and add to the pan. Cook each side for 1 minute, until golden. Remove to a plate.
2. Reduce heat to medium, add the remaining oil. Add the onion and garlic and cook while stirring for 2 to 3 minutes, until soft. Stir in the tomato paste and cook for 30 seconds, continuing to stir. Add the tomatoes and zucchini, stir to coat. Add the stock, bring to a boil, stirring occasionally.
3. Return the chicken and any juices to the pan, covering the chicken with the sauce. Cover and cook for 5 to 7 minutes or until the chicken is cooked through.
4. Meanwhile, place the beans onto a microwave-safe dinner plate. Cover with wet paper towel, microwave for 1 to 2 minutes on High until bright green.
5. Once the chicken is cooked, remove from the heat, drizzle with balsamic vinegar and scatter over the basil.
6. Divide the chicken and sauce between serving plates and serve with the green beans.

Makes 2 servings

Recipe courtesy of [diet.mayoclinic.org](http://diet.mayoclinic.org)

### What's Happening In & Around Sacramento

#### May 17– 22

Tootsie  
SAFE Credit Union Performing Arts Center

#### May 26–30

Sacramento County Fair  
Cal Expo

#### Jun 22

Baby Shark Live  
Memorial Auditorium Sacramento

#### Jun 25

Taco & Margarita Festival  
Cal Expo

### Our Office:

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24/7 Consultations

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