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Newsletter Spring 2022

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Dangers of Fatigued Driving

in



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

don't think getting behind the wheel when they're tired is a big deal, the consequences

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:

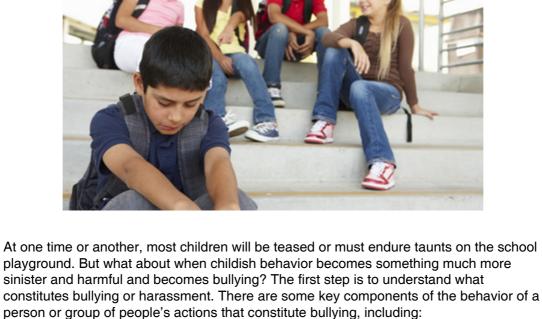
Vision problems such as blurry or tunnel vision Loss of judgement Drifting out of the lane

Slower reaction time—not recognizing changes in traffic patterns or road conditions

- 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.

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

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



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.

Intentionally harmful and/or causing fear of harm to a person or property

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:

Signs of Bullying

Repetitive

in their rooms Stopping participating in activities they used to enjoy Not using the bathroom at school (lack of cameras and supervision in bathrooms

Negative self-talk and making deprecating statements about themselves Your child has an increased number of complaints about not feeling well or not

make these a prime venue for bully attacks) Seeming upset after text or email messages

· Choosing to be more isolated and spending an increased amount of time alone or

- wanting to go to school Nightmares Unexplained injuries or bruises
- 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

Have you or a loved one been a victim of a <u>DUI</u>, <u>car</u>, <u>truck</u>, or <u>motorcycle accident</u>, <u>dog</u> attack, or a slip and fall incident? If so Tiemann Law Firm can help. Our experienced

case of bullying.

Take Action

We Have Mover

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.

Sacramento, CA 95815

Our New Address

1500 River Park Drive

HONORING ALL WHO SERVED >

Recipe of the Month One-Pan Chicken Pomodoro

Black pepper, 1 tsp(s), ground Yellow onion, 1 small, finely chopped • Garlic, 1 clove(s), crushed

1. Heat a medium non-stick frying pan over medium-high heat until hot. Add 1

seconds, continuing to stir. Add the tomatoes and zucchini, stir to coat. Add the

3. Return the chicken and any juices to the pan, covering the chicken with the sauce.

5. Once the chicken is cooked, remove from the heat, drizzle with balsamic vinegar

6. Divide the chicken and sauce between serving plates and serve with the green

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.

A hearty and wholesome one-pan meal that requires minimal time in the kitchen and

more time to enjoy this delicious dinner!

 Extra virgin olive oil, 2 tsp(s) Chicken breast, raw, 6 oz(s)

Tomato paste no salt added, 1⅓ tbsp

Basil, fresh, ½ cup(s), whole leaves Green beans, raw, 2 cup 1/2" pieces

· Cherry tomatoes, 9 oz, halved · Zucchini, raw, 2 medium, diced Low sodium chicken stock, ¾ cup(s)

Balsamic vinegar, 2 tsp(s)

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

beans.

May 26-30

Cal Expo

Jun 22

Cal Expo

Sacramento County Fair

Directions:

Ingredients:

Makes 2 servings Recipe courtesy of diet.mayoclinic.org

stock, bring to a boil, stirring occasionally.

and scatter over the basil.

What's Happening In & Around Sacramento May 17- 22 **Tootsie** SAFE Credit Union Performing Arts Center

Our Office:

Taco & Margarita Festival

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1-800-712-2000 **Office Hours:**

Baby Shark Live Memorial Auditorium Sacramento Jun 25

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