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3 Ways Missing Medical Appointments Can Hurt Your Personal Injury Case



If you've been injured in an [accident](#), medical treatment is a big part of your recovery and the expenses incurred as a result of that event. If your accident was caused by someone else's negligence and you are involved in a personal injury lawsuit to recover damages, how you handle your medical appointments can have serious ramifications for your case. Your medical records will provide strong evidence for your case.

[Read More Here](#)

May is National Bike Safety Month



Biking is becoming more and more popular in California for both youths and adults. Not only is it an excellent fitness and leisure activity, but many people are also turning to bikes as an energy-efficient, environmentally friendly way to commute to work. The downside of this, however, is that California has also seen a spike in [bicycle accidents](#) and fatalities.

[Read More Here](#)

Have you or a loved one been a victim of a [DUI](#), [car](#), [truck](#), or [motorcycle accident](#), [dog attack](#), or injured 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.

Give us a call at
(916) 999-9000 or toll-free: (800) 712-2000

[Contact Us](#) Today for a Free, Same-Day Consultation.

Recipe of the Month
French Potato Salad

This No-Mayo French Potato Salad is perfect for potlucks and outdoor dining.



Ingredients:

Dressing

- 1/4 cup extra virgin olive oil
- 3 Tbsp grainy Dijon mustard
- 2 Tbsp Sherry vinegar
- 1 shallot, finely minced
- 2 cloves garlic, minced very fine
- pinch of salt to taste

Salad

- Salt
- 2 lbs small fingerling potatoes (use another new or baby potato if you like)
- 1/3 - 1/2 lb green beans, trimmed and cut in half
- 1/2 cup finely chopped fresh parsley
- 2 tsp fresh thyme leaves, or more to taste
- 1/4 red onion, slivered
- Freshly cracked black pepper to taste

Instructions:

Dressing

- Whisk all the ingredients together vigorously until they emulsify into a thick dressing. Taste to adjust any of the elements to your liking.

Salad

- Put the **potatoes** in a large pot and cover them with 2 inches of cold water. Add a tablespoon of **salt** to the water. Bring to a boil, turn down the heat, and boil gently until the potatoes are tender. To check them, insert the tip of a sharp knife into a potato - it should glide in easily. Add the **green beans** to the pot and cook for another minute or two.
- Drain the potatoes and beans. While they are hot, slice the potatoes in half lengthwise. If your potatoes are large, you can slice them into smaller pieces.
- Put the potatoes and beans into a large bowl and toss gently with some of the **dressing** while everything is still hot. The potatoes will absorb the dressing and its flavors this way.
- When the potatoes have cooled, toss them with the **herbs** and **onions**. Add more dressing at this time if needed. Chill the salad before serving it with a grinding of fresh **black pepper**.

Recipe and photo courtesy of [The View from Great Island](#)

What's Happening In & Around Sacramento

June 4

[Women's Fitness Festival - Sacramento](#)

2311 J Street
Sacramento, CA

June 20

[Erykah Badu at Golden 1 Center](#)

Golden 1 Center
Sacramento, CA

July 7

[Macbeth](#)

Art Court Theatre
Sacramento, CA

June 10-11

[Puppet Show: Jack and the Beanstalk](#)

Fairytale Town
Sacramento, CA

June 26-27

[Golf & Guitars 2023](#)

Haggin Oaks Golf Complex
Sacramento, CA

July 14-15

[California State Fair & Food Festival 2023](#)

CA State Fair @ Cal Expo
Sacramento, CA

June 10

[Water Lantern Festival](#)

8556 Gibson Ranch Park Rd
Elverta, CA

July 2

[Jurassic World Live Tour](#)

Golden 1 Center
Sacramento, CA

July 23

[Third Eye Blind](#)

CA Exposition and State Fair
Sacramento, CA

June 17-18

[2023 Plant Show and Sale](#)

Shepard Garden & Art Center
Sacramento, CA

July 3-5

[Lincoln 4th of July 2023](#)

McBean Park
Sacramento, CA

July 30

[Puppet Show: The Three Little Pigs](#)

Fairytale Town
Sacramento, CA

Meet Our Attorney



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Need More info?

[CONTACT US →](#)



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