In this Issue...

- Tiemann Law Firm Commits to Empower Youth Student-Athletes through Sponsorship of the San Juan Soccer Club
- Road to Recovery: 10 Essential Steps to Take After You Are Injured in a Car Accident
- Navigating the Road Together: A Guide to Discussing Safe Driving with Teens
- Recipe of the Month Zucchini Chile-Cheddar Mash
- What's Happening In & Around Sacramento

Tiemann Law Firm Commits to Empower Youth Student-Athletes through Sponsorship of the San Juan Soccer Club



Tiemann Law Firm has taken a significant stride towards reinforcing positive lifestyles for youth student-athletes throughout the Greater Sacramento Region. The firm is proud to announce its sponsorship of the esteemed San Juan Soccer Club, aligning perfectly with the club's core philosophy of nurturing young talent and promoting positive values.

Read More Here

Road to Recovery: 10 Essential Steps to Take After You Are **Injured in a Car Accident**



A <u>car accident</u> can be a jarring and traumatic experience, but knowing what to do in the immediate aftermath is crucial for your safety and well-being. Being prepared and taking the right actions can help protect your rights, ensure proper medical attention, and facilitate the insurance claim process.

Read More Here

Navigating the Road Together: A Guide to Discussing Safe Driving with Teens



During the summer, teenagers eagerly embrace the freedom and excitement that comes with a break from school. However, this period, often dubbed the "100 deadliest days," has a darker side. It is a time when the number of accidents involving teenagers spikes, leading to tragic consequences.

Read More Here

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 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

<u>Contact Us</u> Today for a Free, Same-Day Consultation.

Recipe of the Month

Zucchini Chile-Cheddar Mash

This recipe for mashed zucchini with chiles and cheddar embraces zucchini's tendency to become very soft when cooked.



Ingredients:

- 1 tablespoon canola oil
- 11/4 pound of zucchini (2-3 medium) halved lengthwise and sliced
- 1 medium onion, chopped
- 14-ounce can of diced green chiles, drained • 1/4 teaspoon salt

• 1/2 cup grated extra-sharp cheddar cheese

Directions:

- 1. Heat oil in a large nonstick skillet over medium heat. Add zucchini and onion; stir to coat. Cover and cook, stirring occasionally, until very soft and lightly browned, 12 to 15 minutes. Stir in chiles and salt; cook until heated, about 1 minute.
- 2. Transfer to a medium bowl. Mash with a potato masher until chunky, not completely smooth. Stir in cheese and serve immediately.

Courtesy of <u>eatingwell.com</u>

What's Happening In & Around Sacramento

August 10 – 12 Sacramento Quilt, Craft & **Sewing Festival**

Roebbelen Center Roseville

August 15 Sacramento Capitol Park Scavenger Hunt Walking Tour & Game

16th St & Capital Ave in **Downtown Sacramento** Sacramento

August 20 12th Annual Sacramento **Banana Festival**

William Land Regional Park Sacramento

August 26 **Rent The Musical**

UC Davis Health Pavilion Sacramento

September 2 **Cool September Morning** Classic Car Show

Denio's Farmers Market & Swap Meet Roseville

September 9 **Broadway International** Festival 3rd Annual Block **Party**

Broadway Sacramento September 16 California Brewers Festival Discovery Park

Sacramento

September 24 Sacramento Blues Society: 2023 Hall of Fame Awards & Concert

Harlow's Sacramento

September 30 Oktoberfest Midtown

Sacramento - 2023

Der Biergarten Sacramento

Meet Our Attorney



Need More info?

Our Office 1500 River Park Drive

Sacramento, CA 95815 916.999.9000

CONTACT US →







