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Spring 2024



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Motorcycle Safety Awareness: Common Causes of Accidents and How to Avoid Them



Warmer weather means more motorcycles will be cruising around Sacramento. While it certainly is appealing to experience the open air and sunny skies as you travel, the <u>Tiemann Law Firm</u> would like to remind you that riding motorcycles is a relatively risky activity. Though they represent only 3% of registered vehicles, motorcycles account for almost 14% of all vehicle fatalities.

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Sharing the Road: Safety Strategies for Motorists and Cyclists



Legally speaking, California is bike friendly. When it comes to cities listed in the top twenty for "bike commute mode share" and the percentage of bicycle commuters, CA features more ranking urban areas than any other state. Even better, Sacramento places in the top ten!

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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

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

Strawberry Spinach Salad

With Avocado & Walnuts

Serve this summery strawberry spinach

for a complete and easy healthy meal.



INGREDIENTS

3 cups baby spinach 1 tbsp finely chopped red onion 1/2 cup sliced strawberries 2 tbsp vinaigrette ¼ medium avocado, diced 2 tbsp toasted walnut pieces

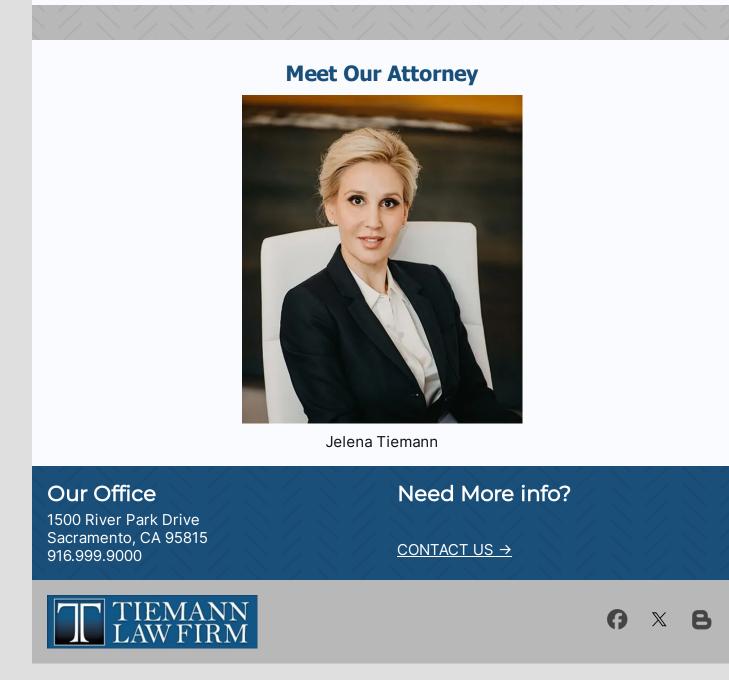
DIRECTIONS

Combine spinach, onion, and strawberries in a medium bowl. Drizzle with vinaigrette; toss to coat. Top with avocado and walnuts.

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

What's Happening In & Around Sacramento

June 1 – 2	June 8-9	June 13
Sacramento Water Lantern	<u>Artichoke Festival: Where Fun</u> <u>Blossoms</u>	Food Truck Mania
<u>Festival</u>		Vernon Street Town Square
Gibson Ranch Regional Park	Monterey County Fair & Event Center	Roseville
Elverta	Monterey, CA	
June 22	July 9-14	July 12- 28
Annual Summer Solstice	Fiddler On The Roof	California State Fair 2024
Festival & Full Moon Market	UC Davis Health Pavilion	California State Fairgrounds
WitchGang Apothecary & Emporium	Sacramento	Sacramento
Sacramento		
July 20	July 25	
The Great American Triathlon	Christmas in July	
Run, Bike, & Paddle	Round Table Pizza	
American River Parkway	Citrus Heights	
Sacramento	<u> </u>	



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