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## Neck Pain After an Accident? Don't Ignore Whiplash Warnings!



A sudden stop, a rear-end <u>collision</u>, even a minor fender-bender – any of these can lead to a neck injury, commonly known as "whiplash." But whiplash is more than just a stiff neck. It can have long-lasting consequences if not addressed properly.



## More Than a Bump on the Head: Understanding TBI

March is Brain Injury Awareness Month, highlighting a seemingly "invisible" condition with profound consequences. This year's continuation of the "**My Brain Injury Journey"** campaign means it is the perfect time to offer some outreach on this subject, particularly since we have helped so many of those affected.

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> <u>attack</u>, or injured by a <u>slip and fall incident</u>? If so, <u>Tiemann Law Firm</u> can help. Our experienced <u>personal injury attorneys</u> will fight for the compensation you deserve.

Give us a call at (855) 999-9000 or (916) 999-9000

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

# Spinach and Potato Frittata

This potato frittata is delicious and easy to make. Serve it at Saturday family brunches and get-togethers, it's always a big hit.

# Ingredients:

- 2 tablespoons of olive oil
- 6 small red potatoes, sliced
- 1 cup torn fresh spinach
- 2 tablespoons sliced green onions
- 1 teaspoon crushed garlic
- salt and pepper to taste
- 6 large eggs
- 1/3 cup of milk
- 1/2 cup of shredded Cheddar cheese

## **Directions:**

- 1. Gather all ingredients.
- 2. Heat olive oil in a medium skillet over medium heat. Cook potatoes in
- hot oil, stirring occasionally, until tender but firm, about 10 minutes.
- 3. Mix in spinach, green onions, and garlic. Season with salt and pepper. Cook and stir until spinach is wilted, 1 to 2 minutes.
- 4. Beat together eggs and milk in a medium bowl. Pour over vegetables in the skillet. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook until eggs are firm, 5 to 7 minutes.
- 5. Slice and enjoy!

Recipe courtesy of <u>allrecipes.com</u>.

### **Meet Our Attorney**







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