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*Warm wishes for a Happy Holiday
and all the best in the New Year!*



*From all of us at
the Roach Law Office*

Put Safety First When Decorating for the Holidays



It's the holiday season and time to get out those festive decorations for your home. But take care to keep safety first when choosing and using holiday decorations, especially electrical products.

The National Fire Protection Association (NFPA) reports that U.S. fire departments respond to more than 1,000 fires started by holiday decorations every year - including 200 started with Christmas trees. In addition to property damage, many individuals are seriously hurt by burns and other injuries.

Here are our top holiday decorating safety tips:

- When choosing a fresh tree, look for bendable needles rather than those that break. Cut an inch from the tree's trunk and put in water right away. Keep the water container full.
- Select artificial trees and greens that are labeled fire retardant.
- Keep a fire extinguisher near all trees.
- Any tree should be at least 3 feet from heat sources and open flames.
- All lighted decorations should display testing laboratory labels. Check light strands for broken sockets, bulbs or frayed wires before using.
- Turn off all electric decorations when leaving the house and when retiring for the night.
- Take down your fresh tree when the needles begin to drop.
- Flaming candles should only be used in pottery, glass or metal holders. Place them a safe distance away from pets and the reach of children.
- Use a sturdy step ladder instead of standing on a chair to decorate high places.
- If you plan on spraying artificial snow, read and follow product directions carefully to avoid inhaling the material.
- Authentic angel hair is made from spun glass, and handling it can irritate the eyes and skin. Handle it carefully with gloves or substitute non-flammable cotton for your decorations.
- Avoid a slip and fall accident by keeping all paths clear of decorations and electrical wires. Secure extension cords to flooring with duct tape.

Does your family know what to do in the event of a fire? Now is the perfect time to review basic fire safety rules and to practice an emergency escape plan. Check out this NFPA website for a child-friendly home fire escape plan.

Choosing Safe Toys and Gifts for That Special Child



At this time of year, the array of toys and gifts displayed at stores, online and in catalogs tempts us to splurge on presents, especially for children. But before you choose that toy for a special child in your life, take a moment to consider these important safety factors:

- Select toys based on the child's age, skill level and developmental stage by following the label guidelines. When in doubt, consult with the child's parents.
- Check for an "ATSM" label indicating that the toy has met the American Society for Testing and Materials standards.
- Be alert to the potential of lead used in toys produced outside the U.S. Toys that were manufactured even in the U.S. before 1978 may also contain lead. This CDC website has helpful information about the dangers of lead in toys.
- Young children should not play with toys with small parts including magnets and button batteries.
- Choose only those crayons or markers that are labeled "non-toxic."
- Do not give toys with cords, ropes or heating elements.
- When giving sports equipment, be sure to include an appropriate helmet and other safety equipment such as knee and elbow pads.
- Children with special needs love toys that appeal to multiple senses such as texture plus sound. Think about the position a child must assume to play with the toy. Learn more about toys for special children at AblePlay.org.

When your children receive toys for gifts, check for age level appropriateness and inspect the toy for safety before allowing them to play with them.

If you or any family member has been injured in an auto accident or any other personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call (866) 519-0085 for your initial free consultation. The Law Offices of Kevin J. Roach, LLC, injury attorney in St. Louis, can help you determine whether you need a lawyer for any incident or any personal injury case.

Recipe of the Month Pomegranate Bejeweled Goat Cheese Ball



Here a holiday appetizer that looks impressive and tastes great!

Ingredients

- 8 oz goat cheese
- Arils from 1 medium pomegranate (about 2/3 cup)
- 1/3 cup raw natural pecans
- 1 tablespoon chopped chives
- 1/2 tablespoon pure maple syrup
- 1/8 teaspoon fine sea salt
- Crackers, pita chips, or any other dippers

Directions

1. Roughly chop the pecans. Transfer to a saucepan heated over medium-low heat. Dry roast for 5 minutes, tossing once or twice.
2. Meanwhile, break the goat cheese into chunks and place in a bowl. Add the chopped chives.
3. Once the pecans are done roasting, drizzle the maple syrup and sprinkle the sea salt in. Remove from heat and stir together.
4. Transfer the pecans to the goat cheese bowl. Use a wooden spoon to combine everything evenly.
5. Transfer the goat cheese mixture to a cutting board. Use your hands to mold it into a ball.
6. Place the pomegranate arils on a small plate. Roll the goat cheese ball in the pomegranate, pressing the arils into the cheese ball with your hands. Continue until the entire cheese ball is covered in arils.
7. Place in the refrigerator until it's ready to be served. Serve with crackers, pita chips or pretzels.

Recipe courtesy of www.shape.com

What's Happening in St. Louis

Jan 13

SLTC Frostbite Series - 5K
Forest Park Visitors Center
Saint Louis, MO
<http://www.stlouistrackclub.com/sltc-events/frostbite-series/>

Jan 16 - 28

The School of Rock
The Fabulous Fox
Saint Louis, MO
<https://www.fabulousfox.com/>

Jan 20

Art of Live Festival Welcomes Jason Boland
Off Broadway
Saint Louis, MO
<http://stlouis.eventful.com/events/art-live-festival-welcomes-jason-boland/E0-001-108355532-5>

Feb 2 - 3

Lunar New Year Festival
Edison Theatre
Saint Louis, MO
<http://stlouis.eventful.com/events/lunar-new-year-festival/E0-001-104068409-1>

Feb 2 - 4

The Sound of Music
The Fabulous Fox
Saint Louis, MO
<https://www.fabulousfox.com/>

Feb 13 - 14

The Price is Right Live
The Fabulous Fox
Saint Louis, MO
<https://www.fabulousfox.com/>

Feb 16

St. Louis Music Festival
Chaifetz Arena
Saint Louis, MO
<http://stlouis.eventful.com/events/st-louis-music-festival/E0-001-108097305-2>

Feb 24

Blake Shelton: Country Music Freaks Tour
Scotttrade Center
Saint Louis, MO
<http://stlouis.eventful.com/events/blake-shelton-country-music-freaks-tour/E0-001-108185825-5>

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