and all the best in the New Year!

# Warm wishes for a Happy Holiday



the Roach Law Office **Put Safety First When Decorating for the Holidays** 



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.

electrical products.

- 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
- Avoid a slip and fall accident by keeping all paths clear of decorations and electrical wires. Secure extension cords to flooring with duct tape.

and skin. Handle it carefully with gloves or substitute non-flammable cotton for your

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



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 of 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

safety equipment such as knee and elbow pads.

inspect the toy for safety before allowing them to play with them.

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

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.

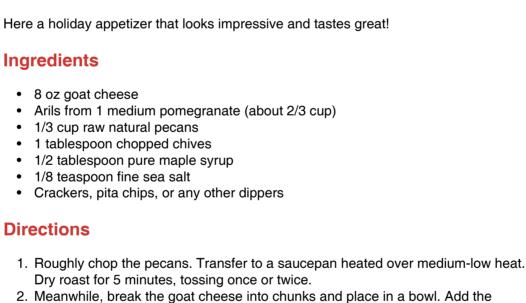
If you or any family member has been injured in an auto accident or any other personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call (866) 519-0085 for your initial free consultation. The Law Offices of Kevin J. Roach, LLC, injury attorney in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

When your children receive toys for gifts, check for age level appropriateness and

need a lawyer for any incident or any personal injury case.

Pomegranate Bejeweled Goat Cheese Ball

Recipe of the Month



# 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.

a ball.

chopped chives.

SLTC Frostbite Series - 5K Forest Park Visitors Center

https://www.fabulousfox.com/

Art of Live Festival Welcomes Jason Boland

Saint Louis, MO

Saint Louis, MO

Off Broadway Saint Louis, MO

**Edison Theatre** Saint Louis, MO

Saint Louis, MO

Feb 16

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

http://www.stlouistrackclub.com/sltc-events/frostbite-series/

the entire cheese ball is covered in arils.

What's Happening in St. Louis Jan 13

5. Transfer the goat cheese mixture to a cutting board. Use your hands to mold it into

pomegranate, pressing the arils into the cheese ball with your hands. Continue until

6. Place the pomegranate arils on a small plate. Roll the goat cheese ball in the

Jan 16 - 28 The School of Rock The Fabulous Fox

http://stlouis.eventful.com/events/lunar-new-year-festival-/E0-001-104068409-1

http://stlouis.eventful.com/events/art-live-festival-welcomes-jason-boland-/E0-001-10835 5532-5 Feb 2 - 3

Jan 20

Feb 2 - 4 The Sound of Music The Fabulous Fox

https://www.fabulousfox.com/

Lunar New Year Festival

Feb 13 - 14 The Price is Right Live The Fabulous Fox Saint Louis, MO https://www.fabulousfox.com/

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 Scottrade Center Saint Louis, MO http://stlouis.eventful.com/events/blake-shelton-country-music-freaks-tour-/E0-001-10818 5825-5

**Our Offices: Main Office** 

**Satellite Office** 

400 Chesterfield Center, Suite 400 Chesterfield, MO 63017 Phone: (636) 519-0085 Phone: (866) 519-0085

7733 Forsyth Blvd, Suite 1100 Clayton, MO 63105 (By Appointment Only) **Chicago Satellite Office** 

444 North Michigan Ave., Suite 1200, Chicago, IL 60611 (By Appointment Only)

Website: www.RoachInjuryLaw.com

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