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### Pedestrian Accidents Are On The Rise



Pedestrian fatalities after being struck by a motor vehicle are all too common.

In a recent 24-hour period, two people were killed in unrelated pedestrian accidents in Kansas City. In the first accident, a woman was killed by a hit-and-run driver while trying to cross U.S. 71. The victim had been in a crosswalk when crossing.

The second fatality occurred at night on I-435. According to the driver of the car, a pedestrian appeared out of nowhere and ran into the side of the car.

Pedestrian accidents occur all too frequently and our area is not unique. Estimated 2016 U.S. fatalities from these accidents surged by 11% compared with 2015. This represents the largest annual increase in both the number and percentage of pedestrian deaths in the 40 years that records have been kept - according to data from the Governor's Highway Safety Association or GHSA.

#### Pedestrian Accident Risk Factors

Far too many pedestrian deaths are caused by drivers - and pedestrians too - who are impaired by alcohol.

Other causes include speeding cars and those who do not give pedestrians the right of way at crosswalks.

Adults over age 65 account for 21% of pedestrian fatalities but are only 12.6% of the U.S. population. Older individuals frequently have fragile health, making injury recovery problematic, and typically have slower reaction times.

Children, in particular, are vulnerable as pedestrians, largely because of visibility to vehicle drivers. In fact, pedestrian accidents are the third leading cause of accidental injury to children under age 16.

A growing problem is distracted driving and walking. Drivers using a cellphone are linked to increased numbers of pedestrian accidents, as are pedestrians walking while using electronic devices for texting, calling and gaming. Learn more about the dangers of distracted driving at the U.S. Department of Transportation's Distracted.gov website.

#### Roadway Improvements May Help Reduce Pedestrian Accidents

Street design influences pedestrian safety and these elements can help reduce pedestrian accidents:

- Wider sidewalks
- Curb extensions
- Refuge islands, especially at wider roads
- Traffic signal countdowns
- Crossings highlighted with flashing lights
- Restricting right turns at red lights
- Marked crossings in the middle of blocks, especially at bus stops

### Take Steps To Keep Your Home Safe While Traveling



The last thing you would want while you are enjoying the sun on a warm Caribbean beach is to have your home burglarized.

Don't be one of the 2.8 million homes that are broken into each year - most of which occur while they are unoccupied. Here are our top tips to safeguard your home so you can enjoy your vacation worry-free:

- **Leave your house looking occupied.** Set timers for both exterior and interior lights and add motion-sensitive outdoor lights. You can even set your TV on a timer. Close window coverings and make sure all windows and doors are locked. Remove jewelry and excess cash to a safe deposit box. Stop newspaper and mail deliveries. Ask a family member or neighbor to park a car in the driveway.
- **Ready your home.** Reduce the risk of a disastrous leak by turning off the water supply to washing machines, ice makers, and dishwashers. Unplugging small appliances and electronics can save some electricity as well as reduce the risk of fire.
- **Recruit help.** Notify the police of your absence dates. Hire a service to shovel snow, tidy up leaves or cut the grass. Instead of hiding a key outside, give it to a trusted neighbor with your contact information and home security codes. Ask a neighbor to put your garbage out on pick-up day and to keep an eye out for package deliveries.
- **Avoid letting others know of your plans.** Don't boast about your trip on social media and delete any well-meaning "bon voyage" messages from friends. Avoid setting an email autoreply about your absence and don't change your voicemail or answering machine message.

If you or any family member has been injured in a pedestrian or 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 Broccoli-Cheddar Soup



When following a healthy diet, watch out for high calorie cream soups. Here's a favorite that skips the cream.

#### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- Kosher salt
- Freshly ground black pepper
- 2 pounds broccoli, thick stems peeled
- 4 cups chicken stock
- 3 cups water
- 8 ounces shredded white cheddar cheese

#### Directions

- In a medium heavy pot, heat the oil over medium heat, then stir in the onion, garlic, 1 teaspoon of salt and 1/2 teaspoon of pepper. Cook, stirring occasionally, until the onion is translucent, about 5 minutes. Stir in the broccoli, stock and water and simmer, partially covered, until the broccoli is tender, 15 to 20 minutes.
- Puree the soup in batches in a blender and return it to the pot. Stir in 6 ounces of the cheese, then season the soup with salt and pepper to taste. Divide the soup among six soup bowls and top with the remaining cheese.

*Recipe courtesy of foodandwine.com*

### What's Happening in Saint Louis

**Mar 14**

Pink  
Scottrade Center  
Saint Louis, MO

**Mar 16**

Miranda Lambert, Jon Pardi & Ashley McBryde  
Scottrade Center  
Saint Louis, MO

**Mar 16 - 17**

Circus 1903 - The Golden Age of Circus  
Fabulous Fox Theatre  
Saint Louis, MO

**Mar 17**

Festival of Laughs  
Chaifetz Arena  
Saint Louis, MO

**Apr 6**

12th Annual St. Louis Blues Festival  
Chaifetz Arena  
Saint Louis, MO

**Apr 7 - 8**

The Super Run 5k  
Creve Coeur Park  
Saint Louis, MO

**Apr 13**

Kevin Hart  
Scottrade Center  
Saint Louis, MO

**Apr 21**

St. Louis Earth Day Festival  
The Muny Grounds  
Saint Louis, MO

### Our Offices:

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

**Satellite Office**  
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](http://www.RoachInjuryLaw.com)

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