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It's almost time to go back to school!

Read up on some back to school tips for parents, learn important driving tips for staying safe when backing up, enjoy a good news story to boost your spirits, and check out the Cardinal's home game schedule to plan your next fun outing!



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10 Ways to Prepare for Back to School



With shorter days and cooler temperatures right around the corner, it's time to start thinking about back-to-school and how you can prepare for the upcoming change from your summer routine. While shopping for backpacks, pencils, and new school outfits are great, there is a lot you can start doing to prepare for the upcoming school year.

10. Routine

School means earlier mornings, and adjusting to the schedule can take some work. Make it easier on yourself and your child by getting lunches packed, clothes picked out, and other 'last minute' tasks done the night before. It'll be a huge weight off your shoulders and is a fantastic way to save time.

9. Free Up Space

A new school year means new clothes and supplies. Before heading out to do your shopping, look through your child's closet for things that no longer fit. Also, take note of the things your child already has that doesn't need to be replaced yet, such as socks, underwear, or jackets. Donating items that aren't needed will keep your home clutter free in the busy year ahead, and knowing what your child already owns will keep unnecessary purchasing to a minimum.

8. Prepare Your Child

Some children get anxious about the idea of a change in their daily routine. Even if they are used to school, it might help to visit your child's classroom, help them find their locker, or show them the bus loading area. If you plan for your child to walk home from school, walk the route with them for a few days. Your child will feel far more comfortable and at ease with their upcoming schedule and routine.

7. Prepare Yourself

The back to school routine is stressful on the parent as well. You can ease day to day stress by menu planning, chore delegation, and setting up an organized filing system for all the paperwork you'll accumulate over the year. Having a plan in place makes weeknights run much smoother and makes time for family in the evenings possible. If your child's school requires immunization records or back-to-school physical documentation, now is the time to gather the information. Keeping a folder on hand with these documents will go a long way to help minimize your stress after the year has begun.

6. Get Bedtime Back on Track

Bedtime tends to be a little later in the summer months, especially when the sun is still up at 9 p.m. Setting a regular bedtime for your child before school starts is a fantastic way to get them primed for a good night's rest so they can focus on learning the next day. Plus, it'll give you the extra time you need to finish up on household tasks.

5. Make Sure You Have After School Hours Covered

It's not uncommon for parents to have to work later than their children are at school. Be prepared by finding an after-school program, sitter, or trusted friend or family member that can be responsible for your child until you are done with work. It also helps to have a list of emergency back-ups just in case, especially if your job is difficult to leave at short notice.

4. Watch for Sales

Back to school shopping can be a hefty expense. The list of necessary supplies seems to grow every year. Cut costs by watching for sales, both in the paper and

online. If you haven't given coupons a try, they might be worth your while. A few cents here or there add up.

3. Take Your Child Shopping

Make back to school preparation a positive experience for your child. Take them along on your shopping trip to let them help select the items they need. This not only helps with your child's decision-making skills, but it is likely to help them get excited about the upcoming year.

2. Plan with Your Child

Ask your child before the year starts what kind of extracurricular activities they might be interested in. By knowing approximately which activities your child may want to participate in, you can more effectively plan things like family vacations or appointments.

1. Make it fun

Try to encourage your child to look forward to the changes ahead. Consider throwing them a 'Back To School Party', in which you allow them to pack their backpacks, pick out the outfit they'd like to wear on their first day, and read some back to school themed stories.

Don't let the change in routine become stressful. Plan ahead to make the transition smooth and successful for you and your child.

Tips for Staying Safe When Backing Up



According to the National Highway Transportation Safety Administration (NHTSA), a backover is a motor vehicle accident that occurs "when a driver is in reverse and injures or kills a nonoccupant such as a pedestrian or bicyclist." The NHTSA estimates that about 300 people are killed and another 18,000 are injured in these accidents every year. Of the fatalities, an estimated 31 percent involve the death of a child age five and under. Another 28 percent involve the elderly. These accidents almost always occur at slow speeds. They often involve a driver who is in a space in a parking lot or leaving their own driveway.

Don't Rely on New Technology

All new vehicles weighing less than 10,000 pounds must now be equipped with rear visibility cameras. Although these cameras are likely to reduce accidents when backing up, they aren't foolproof. Drivers shouldn't rely solely on them. They still need to exercise reasonable care and caution. Side view mirrors and windows should be used along the rear visibility cameras. People seem to be buying increasingly larger vehicles like crew cab pickup trucks, minivans and sport utility vehicles. They have their reasons for doing so, but with the increased size of a vehicle come increased blind spots that rear visibility cameras don't see. Nearly 70 percent of all accidents while driving in reverse involve these types of vehicles.

They're Not Fail Safe

In its study of rear visibility cameras, the Insurance Institute for Highway Safety concluded that even when drivers used rear visibility cameras, drivers could still hit people when backing up in some of the following situations:

- When a person is in the shade.
- When rain, sleet or snow impair visibility.
- When glare from bright sunlight interferes.
- When the rear visibility camera isn't being used or is being used improperly.

Liability

In nearly all of these types of accidents, it's the backing driver who will bear the brunt of liability. In no-fault insurance states, the victim will be required to meet fault threshold requirements before a personal injury lawsuit can be filed. If the victim does meet the threshold, some comparative negligence might be attributable to him or her. That issue turns on the facts surrounding the accident and the victim's age.

Free Consultations Are Available

Whether it's in a private parking lot or a public road, if you or a family member suffered a serious injury, arrange for a free consultation and case review with an experienced and respected personal injury law firm. Don't give a statement of any kind to the opposing insurer. The law doesn't require you to give that insurer any kind of a statement. It will only try to use your own words against you in the future to attack your credibility in efforts to devalue your case.

You won't need to have a penny with you either in order to retain a highly regarded personal law firm in your state to represent you. That's because nearly all personal injury law firms take these types of cases on a contingency fee basis. No legal fees at all will be due unless a settlement is reached or a verdict is rendered on your behalf. Arrange for that free consultation and case review right away.

If you have questions about your car, truck, or motorcycle accident, please do not hesitate to contact Kevin Roach today for a free consultation, **(866) 519-0085**.

What's Making Us Happy

Instead of Shutting Down Teen’s Hot Dog Stand, City Helps Him Get a Permit and Start a Business

By

[McKinley Corbley](#)

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Jul 19, 2018

Good News Network

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Good News Network



Instead of shutting down a teenager’s hot dog stand for not having a permit, the city helped him turn his stand into a business.

13-year-old Jaequan Faulkner started his hot dog stand in 2016 as a means of doing something creative to fend off his depression. Additionally, he wanted to use the money to buy himself some new clothes.

So with his tabletop business set up in front of his home in Minneapolis, Minnesota, the youngster started selling hot dogs, chips, and sodas to the locals – and everybody loved it.

As his stand garnered more and more attention, however, someone complained to the city’s health department for Jaequan’s lack of permit.

But instead of shutting down the entrepreneurial venture, a dozen different city departments came together to help the teen get a permit and start a business.

“When I realized what [the complaint] was, I said, ‘No, we’re not going to just go and shut him down’ like we would an unlicensed vendor,” Minneapolis Environmental Health Director Dan Huff told [WTVR](#). “We can help him get the

permit. Let's make this a positive thing and help him become a business owner."

Several Minneapolis health inspectors volunteered to train the youngster on food safety. They gave him a thermometer that he could use to make sure the food was above 140 degrees; they got him a hand-washing station and a tent; and they even paid for Jaequan's permit fee.

Not only that, a local nonprofit has been teaching Jaequan entrepreneurial skills and helping him to establish his new business: [Mr. Faulkner's Old-Fashioned Hot Dogs](#).

The team is now raising money through a [GoFundMe campaign](#) so they can get Jaequan a mobile hot dog stand. The teen says that he will be donating a portion of the proceeds to mental health charities, and any additional funds will be put into his college fund.

But while the 13-year-old says that he has enjoyed making money and learning about business, he mostly enjoys using his hot dog stand to make people happy.

"It's the cooking and the people," he said. "I see someone go by with a frown on their face. I'm there with a smile, then I see a smile on their face. I just made a smile on somebody's face by selling them a hot dog."

[\(WATCH the video\)](#)

Cardinal's Baseball Home Games Schedule

[Aug 13 Mon vs. Nationals](#) 7:10 pm CDT

[Theme Ticket Event: BBQ Night](#)

[Aug 14 Tue vs. Nationals](#) 7:15 pm CDT

[Theme Ticket Event: Sandlot 25th Anniversary Night](#)

[Aug 15 Wed vs. Nationals](#) 7:15 pm CDT

[Theme Ticket Event: Military Appreciation Night](#)

[Aug 16 Thu vs. Nationals](#) 6:15 pm CDT

[August T-Shirt of the Month](#)

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[Aug 17 Fri vs. Brewers](#) 7:15 pm CDT

Adult Cardinals Mystery BP Pullover

Aug 18 Sat vs. Brewers 6:15 pm CDT

Hall of Fame Mystery Baseball Cap

Aug 19 Sun vs. Brewers 1:15 pm CDT

Dizzy Dean Watch

-

Aug 28 Tue vs. Pirates 7:15 pm CDT

Theme Ticket Event: Budweiser Bash - Ray Lankford

Aug 29 Wed vs. Pirates 7:15 pm CDT

Theme Ticket Event: Game of Thrones Night

Aug 30 Thu vs. Pirates 6:15 pm CDT

Theme Ticket Event: Billikens Night

-

Aug 31 Fri vs. Reds 7:15 pm CDT

1982 World Championship Beer Stein

Sep 1 Sat vs. Reds 6:15 pm CDT

Home White Embroidered Jersey

Sep 2 Sun vs. Reds 1:15 pm CDT

Build-A-Bear Cardinals Bear

Sep 10 Mon vs. Pirates 7:15 pm CDT

Theme Ticket Event: Law Enforcement Appreciation Night

Sep 11 Tue vs. Pirates 7:15 pm CDT

Theme Ticket Event: Firefighter Appreciation Night

Sep 12 Wed vs. Pirates 12:15 pm CDT

Theme Ticket Event: Law Enforcement Appreciation Day

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Sep 13 Thu vs. Dodgers 6:15 pm CDT

September T-Shirt of the Month

Sep 14 Fri vs. Dodgers 7:15 pm CDT

Replica 1928 Jersey

Sep 15 Sat vs. Dodgers 12:05 pm CDT

Replica 2013 Mystery National League Ring

Sep 16 Sun vs. Dodgers 1:15 pm CDT

Mark McGwire Bobblehead

-

Sep 21 Fri vs. Giants 7:15 pm CDT

Adult Cardinals Hockey Sweater

Sep 22 Sat vs. Giants 6:15 pm CDT

Cardinals Sweatshirt

Sep 23 Sun vs. Giants 1:15 pm CDT

Adult Winter Hat with Flaps

Sep 24 Mon vs. Brewers 7:15 pm CDT

Theme Ticket Event: College Night III

Sep 25 Tue vs. Brewers 7:15 pm CDT

Theme Ticket Event: Budweiser Bash - Ryan Ludwick

Sep 26 Wed vs. Brewers 6:15 pm CDT

2019 Cardinals Magnet Schedule

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