



THE LAW OFFICES OF  
KEVIN J. ROACH, LLC.

March Newsletter



Wishing you and yours a lucky March from all of us at the office! We are excited to kick off Spring with St. Patrick's Day fun.

In this issue: get festive with family-friendly St. Pat's activities and get smart with highway safety tips.

PLUS: 20 ideas for Spring inspired outdoor fun and a deliciously easy 15 minute Spring recipe!

We have big things going on at the Roach Law Office--be sure to look out for next month's newsletter for an exciting announcement!

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## What To Do If Your Car Breaks Down On the Highway



Having your car break down on the highway can be a harrowing experience. However, if you stay calm and make the right decisions, you can get through it safely. The following tips will prove extremely helpful in dealing with the

### **Pull Your Car Over to a Safe Spot**

The first thing to do if your car breaks down is to pull off the highway and into a safe spot. Ensure that there is enough space to allow you to park your car safely and park as far away from the main road as possible. While you are making your maneuver, make sure that you indicate to the other road users that you are leaving the highway to avoid having them rear-end you. If you feel there is a significant danger of being hit from behind or are unable to move your car, leave the hazard lights on and exit your car. Then, look for a safe place where you can stand until help arrives.

### **Enlist the Help of Good Samaritans**

If you cannot do so yourself, enlist the help of other drivers to help you push your car off the highway. However, you should only do so if you are sure it is safe for them to pull over and provide you with assistance. After all, you do not want to put their lives in danger just to move a car.

### **Diagnose the Problem**

If you manage to successfully get your car off the highway, try to figure out what caused it to fail. Your battery, fuse box, and spark plugs are usually good places to start. If you are in a safe place and the issue is something that you can fix easily, you can attempt to make the repair. If the issue is more complicated, it is probably best to call for a tow truck.

### **Pay Attention to Landmarks and Call for Help**

Before calling for assistance, you should take note of any nearby landmarks that you can use to guide the tow truck or roadside assistance team to your location. Landmarks could include a gas station, restaurant or major exit. When explaining your predicament and location, you should try to be as detailed as possible if you want to get the right help in a timely fashion.

### **In Conclusion**

Cars can break down anywhere, including the middle of a highway. To remain safe in this situation, you need to take certain steps such as pulling the car off the highway and calling for help. By remaining calm and following a few simple tips, you can avoid danger, get your car fixed quickly and get back on the road without wasting too much time.

# St. Patrick's Day Fun for the Whole Family



St. Patrick's day comes just once a year, so why not celebrate right? Here are a few fun, easy ways to make the memories of the day last all year long!

Make sure you start the day off right with a proper St. Patrick's Day breakfast. Make Dr. Seuss proud and whip up some green eggs. Grab a couple of eggs, and whisk them in a bowl. For fluffier eggs, add some water to the mix but no more than one tablespoon per egg. Stir in a few drops of green food coloring and cook as usual. You now have scrambled green eggs fit for even your biggest leprechaun. Be sure to enjoy a glass of green tinted milk to round out your luck of-the-Irish breakfast!

Why not turn your back yard into a leprechaun safari? Kids of all ages will have fun searching for his "gold", which can be gold foil-wrapped candy or coins.

Give each child a "pot" to put the candy in, explaining that the Leprechauns hide their gold and those who find it will receive luck.

A craft project suitable for all ages is the sparkly shamrock. For this craft project you will need heavy paper or cardboard cut into shamrock shapes, white rice, green food coloring, vegetable oil, glitter, and glue. A few hours before you want



to start the project color the rice by adding a few drops of oil and food coloring into a bowl of rice. Stir the mixture, adding more food coloring if desired. Spread the rice on paper towel-lined cookie sheets and allow too dry. After the rice is dry, spread a thin layer of glue on the shamrocks. Then, sprinkle on a layer of the green rice. On top of the rice, sprinkle the glitter. Shake the excess gently over a trashcan or old newspaper and lay flat to dry. Display on the fridge or other area in need of St. Patrick's Day charm.

A fun activity with delicious results is the shamrock shimmy-shake. For this you will need pistachio pudding mix, milk, and resealable plastic bags. Add one tablespoon of mix and one half cup of milk to each bag. Tell your kids to shimmy and shake the bags until the pudding thickens. Grab a spoon, open the bag and you've got an instant St. Patrick's day snack!

If nothing else, head into the backyard and hunt for four-leaf clovers. Who knows, you just may find one. And even if you don't, you just may spot a Leprechaun or two!

## **20 Outdoor Activities to do with (or without) Your Kids this Spring**



When the warmer weather of Spring finally arrives, it's time to get the family outdoors and have some fun together. Keep reading to discover 20 activities that you can plan to do with your kids (or without) when springtime rolls around. Leave the chill of winter behind and enjoy the warmer spring temperatures outside your home!

### (1) Fly a Kite

Step outside on a breezy, warm day and fly a kite together. Take turns flying the kite as you watch it bouncing and diving in the sky.

### (2) Plant a Garden

Give everyone a chance to dig in the dirt while doing something productive -- planting a vegetable garden. If you don't have the space for a backyard garden, plant a compact patio garden.

### (3) Ride Bicycles Together

Dust off your family's bicycles, put on your bike helmets, and take a ride together. Whether it's around the neighborhood or on a designated bike trail, enjoy the warm wind in your face as you ride.

### (4) Hang a Bird Feeder

Teach your kids to be kind by letting them feed the birds. Hang a bird feeder from a tree that you can view from a nearby patio, porch, or window, and watch the birds enjoy their food.

### (5) Take a Nature Walk

Walk with your kids on a trail to enjoy the sights and sounds of springtime. Listen to chirping birds and look for budding flowers and crawling bugs along the way.

### (6) Play Whiffle Ball

Springtime signals the start of baseball season. What better way to enjoy the outdoors than playing a game of whiffle ball in your backyard or a nearby park?

### (7) Visit the Zoo

Spring is a great time to visit your local zoo. The animals love to soak up the sun on a spring day that's not too hot or cold, making your chances of seeing them active particularly good.

### (8) Wash Your Car

Grab a bucket full of sudsy water and your garden hose and let the fun begin. Kids love to help wash the car, so give them a sponge and let them start scrubbing.

### (9) Walk in the Rain

Kids and water seem to like each other. So, why not put on your raincoats and galoshes and grab an oversized umbrella to take a short walk in the rain? You are forewarned that your kids may not be able to resist jumping in a few puddles along the way.

### (10) Plan a Picnic

Pack a few sandwiches, bags of chips, cookies, and drinks, and head out to a nearby park for a simple spring picnic. Spread out a large blanket and enjoy your picnic feast together outdoors.

### (11) Roast Hot Dogs

Spring is an ideal time for older kids to roast hot dogs outside. Don't forget the mustard and ketchup and, of course, safety first.

### (12) Paint Something Beautiful

Put on your old clothes and give everyone a paintbrush to do some fun work together. Paint your outdoor fence, flowerpots, front porch, or some other item that needs a new coat of paint.

### (13) Attend a Baseball Game

Plan a spring outing for your family to attend a professional baseball game. Tickets are often less expensive in the spring and the weather is typically more pleasant than summertime.

(14) Read a Story

Find a comfy chair on your patio or porch and read a favorite story to your kids. For some reason, it's more fun to listen to a story outdoors on a warm spring day than inside your house.

(15) Camp Outdoors

What better way is there to spend a gorgeous spring night than to camp out under the stars? You can even pitch your tent in your own backyard and have the comforts of home nearby.

(16) Plant Colorful Flowerpots

Let your kids pick out some colorful flowers at the nursery to plant at home. Teach them how to properly plant and take care of them.

(17) Blow Bubbles

What do a bottle of bubbles and a breezy spring day have in common? Lots of fun as you watch the bubbles swirl around in the wind.

(18) Draw a Hopscotch Game

Get the sidewalk chalk out and help your kids draw a hopscotch game on your concrete driveway. Of course, playing hopscotch with your kids after you draw the game is half the fun.

(19) Fly a Remote-Control Toy

Your kids will get a kick out of watching you fly a remote-control toy airplane or helicopter outdoors. Older kids will also enjoy sharing the controls with you.

(20) Clean Up the Backyard

Outdoor chores can be a lot of fun with kids. Let them help you rake leaves, sweep the porch, wash the windows, and hose off the deck.

Don't let springtime pass you by without enjoying the gorgeous outdoor weather with your family. Select a few of the spring activities mentioned in this article to spend time outdoors together. Whatever you choose to do, spending time outside with your kids is a lot of fun.

## Strawberry Bruschetta



Have 15 minutes? Try this simple and sweet recipe for the ultimate Spring snack!

### Ingredients

24 slices French baguette

1 tablespoon butter, softened

2 cups chopped fresh strawberries

1/4 cup white sugar, or as needed

### Directions

Preheat your oven's broiler.

Spread a thin layer of butter on each slice of bread.

Arrange bread slices in a single layer on a large baking sheet.

Place bread under the broiler for 1 to 2 minutes, just until lightly toasted.

Spoon some chopped strawberries onto each piece of toast, then sprinkle sugar over the strawberries.

Place under the broiler again until sugar is caramelized, 3 to 5 minutes.  
Serve immediately.

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