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## Welcome

We are pleased to present the August 2016 issue of the firm's newsletter. We believe that our June and July newsletters were two of our best yet! We hope you enjoyed all the summer articles and that you had a wonderful summer with your families. Around the country, most children have headed back to school or are getting ready to. In the spirit of back-to-school, we wanted to share tips and information for the parents and children returning to school. This issue is packed with articles, including school-related topics and a lot more. If you have any suggestions or corrections, please let us know. The goal of our newsletter is to keep our clients informed and to feature articles we believe are important to you. If there is something you want to share, let us be your voice!



Super Lawyers



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## The 8 Best Back-to-School Tips

The end of a relaxing summer is hard enough to face without stressing about your kids' return to the classroom. These ideas for family bonding, healthy eating, academic success, and more will make the transition a whole lot smoother.



### 1. Celebrate the First Day

Start a first day back to school tradition, such as getting up early to make your kids' favorite breakfasts. No time for an elaborate morning meal? Take a photo to commemorate the occasion, go out for ice cream after school, or slip an encouraging note into your child's backpack. These special traditions will make the first day of school seem like something to celebrate, rather than something to dread.

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...continued from page 1 **The 8 Best Back-to-School Tips**

**2. Choose Brain Food, Not Junk Food**

For a late-night healthy snack that the kids can enjoy while doing their homework, frozen fruit can go a long way. Freezing yogurt and any combination of fresh fruits on a Popsicle stick makes a delicious wholesome treat, as does tossing fruit in a blender with skim milk for a creamy homemade smoothie. The fructose found in fruit is converted into energy that kids need to keep turning the page.

**3. Create a Home Gallery**

Back to school means back to receiving piles upon piles of artwork, graded tests and school projects. Keep the clutter in check by displaying the pieces your kids are most proud of on a "gallery wall." Hang several cute picture frames on a large wall in the house and glue clothespins to them, then simply insert the kids' accomplishments. Alternate what hangs on the wall to create your own unique, ever-changing art show.

**4. Expand Attention Spans**

A short attention span can be difficult to overcome after a long, lazy summer. Reading aloud to the kids or if they are older, having them read aloud to you will get them ready to focus through the school day. Stretch out the story by asking questions and helping them relate it to their own lives. It's a good idea to start with short books and work up to reading a chapter of a longer book each night. Recalling details from the night before will sharpen kids' focus on the story, a skill they can apply in the classroom too.

**5. Schedule Playtime Before Homework Time**

You may have heard differently, but kids shouldn't be kept inside until they finish their math worksheets. Kids need to get their energy out to get their brains active. It's natural to want kids to start their homework as soon as they get off the bus for fear of procrastination, but that can actually give them more incentive not to do it when riled up. It's also an opportunity for you to play with your kids and show that you are involved.

**6. Make a Morning Checklist**

Give your kids more responsibility by creating a morning checklist of the things they need to do to get themselves ready. Rather than sounding like a screaming broken record every day and making your kids feel like they cannot do anything right, put the power in their hands, and make them feel like they are achieving, rather than making mistakes. It will motivate them to take on more responsibility in the future.

**7. Tackle the Chores**

Teaching children, especially young ones, how to do chores is a great way to spend time together and impart information about patterns. Since their academic knowledge may have regressed over the summer, the beginning of the school year is the perfect chance to show kids how to set the table or sort the laundry. Add a new component to the chore each day – have them do plates the first day, and then plates and forks the next day, for example – to educate children about the mathematical concept of pattern building. This fun and easy – and yes, mutually beneficial – way to socialize with your kids will prepare them for the learning they'll do during the school year.

**8. Take an A.M. Breather**

Set aside time – even if it's only for a few minutes – each weekday morning to connect with your children. This may seem impossible during hectic mornings, but try setting your alarm just five minutes earlier, so you can squeeze in some together time. Cuddle in their favorite rocking chair, give them a comforting hug, or get in bed and snuggle. Although you may be more accustomed to doing these things in the evening, a short break from the hustle and bustle will calm kids and make them even more willing to complete their morning routines without complaint.

## Client Testimonials

### Helping Clients For Over 30 Years, We Can Help You Too!

"FSTN, the only name you need to know when it comes to Social Security Disability. They are compassionate people, who really care about you and your family. My experience with them was nothing less than outstanding. Kept me up to date on everything, answered my questions and the final result was a Disability Approval after 2 denials going at it alone. I appreciate professionalism and a sense of humor, Melissa G. my case worker is the definition of both. I highly recommend FSTN, we all need someone on our side who understands the struggles and can get the job done!!" - Jason

"You want it done right call them!! They helped me for years on a case." – Allen (posted on our FSTN Facebook page)

"I would recommend this firm to everyone! They all worked together and got my file ready for court, they listened to me vent and cry, they were very supportive in my decisions, and they kept in touch throughout the whole process. My attorney was awesome, after coming out of a hearing that lasted longer than expected and my hearing starting almost an hour late, he stayed calm and collected and got me and approval before we ever left the courtroom! You guys rock!!!!" - Renee (posted on our FSTN Facebook page)

\*We are extremely grateful for all the wonderful client testimonials we have received over the years. At Fleschner, Stark, Tanoos & Newlin, putting clients first isn't just a goal—it's how we operate. Our key priority is to help you carry the weight of life's challenges so you can focus on moving forward. The reviews, phone calls, letters, cards are all testament to our Client's 1st creed. If you or someone you know would like to send a review or testimonial, feel free to go to our Facebook page, Better Business Bureau page, or simply reply to this email.\*

## Games of the XXXI Olympiad

Commonly referred to as the Olympic Games, this major international multi-sport event is based on the tradition of the Ancient Olympic Games held in Greece. Below you will find some interesting facts about the Olympics, enough that you can impress your friends from the lighting of the torch to the closing ceremonies.



### Counting Olympiads

An Olympiad is a period of four successive years. The Olympic Games celebrate each Olympiad. For the modern Olympic Games, the first Olympiad celebration was in 1896. Every four years celebrates another Olympiad; thus, even the Games that were cancelled (1916, 1940, and 1944) count as Olympiads. The 2004 Olympic Games in Athens was called the Games of the XXVIII Olympiad.

### The Olympic Flame

In Olympia (Greece), a flame was ignited by the sun and then kept burning until the closing of the Olympic Games. The flame first appeared in the modern Olympics at the 1928 Olympic Games in Amsterdam. The flame itself represents a number of things, including purity and the endeavor for perfection. In 1936, the chairman of the organizing committee for the 1936 Olympic Games, Carl Diem, suggested the modern Olympic Torch relay. The Olympic flame is lit at the ancient site of Olympia by women wearing ancient-style robes and using a curved mirror and the sun. The Olympic Torch is then passed from runner to runner from the ancient site of Olympia to the Olympic stadium in the hosting city. The flame is then kept alight until the Games have concluded. The Olympic Torch relay represents a continuation from the ancient Olympic Games to the modern Olympics.

### Real Gold Medals

The last Olympic gold medals that were made entirely out of gold were awarded in 1912.

### The Medals

The Olympic medals are designed especially for each individual Olympic Games by the host city's organizing committee. Each medal must be at least three millimeters thick and 60 millimeters in diameter. Also, the gold and silver Olympic medals must be made out of 92.5 percent silver, with the gold medal covered in six grams of gold.

### A City, Not a Country

When choosing locations for the Olympic Games, the IOC specifically gives the honor of holding the Games to a city rather than a country.

### Cancelled Games

Because of World War I and World War II, there were no Olympic Games in 1916, 1940, or 1944.

### The first Olympian to fail a drug test was busted for drinking beer.

Olympic drug testing debuted in 1968, and Swedish pentathlete Hans-Gunnar Liljenwall was first to test positive for a banned substance. His drug? Two beers he said he downed to "calm his nerves" before the pistol shoot. The disqualified Liljenwall and his teammates were forced to return their bronze medals. (Fellow pentathlete Hans-Jurgen Todt could have used something to calm down as well. The West German attacked his horse after it balked three times at jumping obstacles.)

### Equestrian events at the 1956 Melbourne Games were held on the other side of the world.

While most of the athletes traveled down under for the 1956 Summer Games, the horses and riders in the equestrian events did not. Due to Australia's strict quarantine rules, the equestrian competitions were moved to Stockholm, Sweden—nearly 9,700 miles away—and held five months before the rest of the XVI Olympiad.

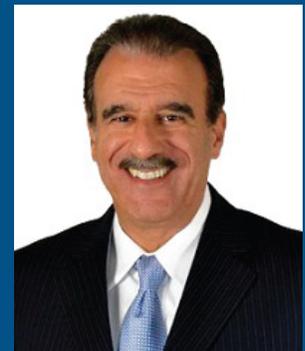
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G. Steven Fleschner



Dennis H. Stark



Anthony A. Tanoos



Thomas C. Newlin

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**Americans refused to dip their flag to King Edward VII in 1908.**

Upset that the U.S. flag was missing from those fluttering above the Olympic stadium during the opening ceremonies of the 1908 London Games, American flag bearer Ralph Rose refused to follow protocol and dip the Stars and Stripes as he passed the royal box. Although the story that Rose or fellow shot putter Martin Sheridan said, "This flag dips for no earthly king" is likely apocryphal, the snub set off a royal row. "From the very first day," Coubertin wrote in his memoirs, "King Edward had taken exception to the American athletes because of their behavior and their barbaric shouts that resounded through the stadium." American flag bearers dipped their banners to national leaders on several occasions after 1908, but it hasn't happened since 1932—not even for U.S. President Ronald Reagan during the 1984 Los Angeles Games.

**August Employee of the Month**

Congratulations to our August Employee of the Month, Julia Lawhorn!

Julia has been with our law firm for nine and a half years and is the CR/OTR Department Manager. The CR/OTR (Case Readiness/On the Record) Department is responsible for summarizing the medical findings and writing briefs which are presented at the hearing. Julia is the person who oversees this department and the employees. Her favorite thing about her job is helping people and the variety of things she gets to do every day.

Julia has been married to Brad for twelve years and has a daughter named Maddie in seventh grade and a son named Steven in second grade. They have three cats - Einstein, Pumpkin and Itty Bitty Kitty. Her hobbies include hanging out with her family, making jewelry (Madven Designs), traveling (she'll get to New York City someday!), reading, watching movies, and listening to music. Her favorite place to vacation is St. Augustine, FL.

People who voted for Julia said this, "Julia is great to work with, always helping out where needed. She is a great asset to this firm."



**Julia Lawhorn**

**FSTN in the Community**

Every two seconds someone needs blood. Every minute, patients use more than 36 units of blood or blood products. Each day, approximately 40,000 units of blood are used throughout the country. This means the blood supply needs constant replenishment. Every day more people are diagnosed with illnesses such as cancer, leukemia, and sickle cell disease, all of which utilize blood for treatment. In treating chronic disease and illness, many people require up to 200 units of blood.

Donating blood saves lives. The number one reason blood donors say they want to give is to help others. Now is your chance to give back. Blood can become a precious commodity if we don't take a few minutes to simply roll up our sleeves and give this life sustaining gift. It's an altruistic natural resource that simply saves lives. Many of you have not had to receive blood at this point in your life, but chances are, you or someone you love and care about will.

Here at Fleschner, Stark, Tanoos & Newlin, our employees have answered the call to donate. We cannot think of a single reason why someone shouldn't give a pint every 56 days and make a difference in someone's life. Below you will find pictures from our recent blood drive. If you have any questions, or would like to schedule an appointment to donate, check out <http://www.americasblood.org/donate-blood.aspx> and find a blood center near you!



## Forgotten College Football Facts To Show Off On Saturday

College football is finally back, which means Saturdays are full of hanging around a big screen watching the action with a few of your friends or family. If you're like us, you get a little tired of that one guy who always has a stat or a cool fact to bust out about a player or a team. Why not make this the year that you stock up on a few cool facts of your own that many have forgotten (and most never knew)? These factoids will establish you as a pillar of college football wisdom by the time bowl season arrives.



- The very first poll to determine a college football national champion was conducted in 1869. Princeton won the championship with a 1-1 record. At that time, the playing field was 120 yards long and 75 yards wide. Now it is 100 x 53 1/3. All goals were worth one point each, and each team had 25 players on the field. Not exactly what we're used to today, huh?
- The Wisconsin Badgers have taken the traditional "wave" to a whole new level during their home games. This goes beyond standing up and raising your hands in the air. The procedure at Badgers games generally follows a pattern (led by the student section) of sending the wave around clockwise twice, then once in slow-motion, then once at double the original speed, then once around counter-clockwise, and lastly, splitting it into two counter-rotational waves. Finally, after this dizzying array of wavedom, everyone pukes in unison.
- Arizona State's mascot for all of their sports is the Sun Devil. On September 14, 1987, Pope John Paul II came to Sun Devil Stadium to hold mass for 75,000 people as part of his American tour. For the Pope to agree to enter the stadium, all the Sun Devil logos and words with "devil" painted on the stadium's façade had to be covered up.
- Originally, Wake Forest's athletic teams were known as the Fighting Baptists, due to its association with the Baptist Convention. However, in 1923, after a particularly impressive win against the Duke Blue Devils, a newspaper reporter wrote that the Deacons "fought like Demons," giving rise to the current team name, the "Demon Deacons."
- Oregon football is famously known for their uniforms. If they wanted to, how many different combinations could the Ducks make? There are 13 different helmets, 16 jerseys, 8 pants, 6 shoes and 3 socks the team wore in seasons prior to 2013. That gear brings 9,984 possible combinations, which would be enough to outfit the team for more than 750 years. The number rises exponentially with every new helmet or jersey.
- The Texas A&M Aggies created the 12th man in 1922 when a former player was plucked from the stands in case he was needed on the field. The Seahawks "borrowed" the phrase decades later, which eventually led to an agreement that the NFL team would pay a \$100,000 flat fee and \$5,000 per season to use the trademark.
- College footballs have stripes to help players see the ball better at night. NFL stadiums are generally much better lit than some college stadiums and therefore don't need the stripes.