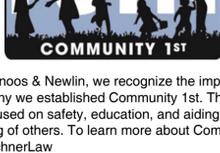




FSTN News

#FSTNGivesBack



At Fleschner, Stark, Tanoos & Newlin, we recognize the importance of giving back to our community. That is why we established Community 1st. This all-encompassing charitable program is focused on safety, education, and aiding organizations committed to improving the wellbeing of others. To learn more about Community 1st, visit www.facebook.com/FleschnerLaw

A Time of Rejuvenation



Spring is such a cheerful time. I love the newfound energy it brings — all the warmth, sunshine, and vibrant colors. As the weather improves, I spend as much time outside as I can, going on neighborhood walks or jogs, taking my kids to the playground, or simply sitting at my kitchen table with the window open, listening to the birds sing.

My kids certainly love to spend more time outside in the spring. They have a lot of pent-up energy after being inside for so long during winter, so we try to find as many activities as we can once the weather gets nicer — particularly activities that get everyone moving.

One of their favorite activities is coloring with sidewalk chalk. Last year, our driveway was covered in chalk art, namely monsters and dinosaurs my sons imagined and brought to life. This year, I have no doubt our driveway will be home to yet another imaginative mural.

We also go on walks as a family, checking out the blooming flowers or watching the geese at a nearby pond. Sometimes we give the boys some brown paper bags and go on a nature walk. As they explore, they collect flowers, leaves, and rocks along the way. It's a great way to connect with nature.

This spring, we have a few exciting family vacations planned. Our big trip will be up to Chicago to visit the Museum of Science and Industry, the Field Museum, and the Shedd Aquarium.

My oldest son was 3 the last time we visited, and he has been talking about that vacation ever since. It is amazing how little minds can soak up so much information at such a young age. Through our local children's museum membership, we receive free admission to several of the museums in Chicago, which makes this trip all the better!

I am also looking forward to spring-cleaning. From cleaning out the cars and garage to decluttering the house, it's a daunting but worthwhile task. It always feels like a weight off my shoulders when I'm finally done.

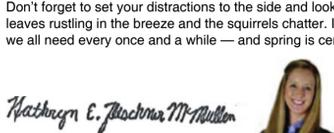
Speaking of having a weight on you, April is Stress Awareness Month. I wish I could say I haven't been stressed, but I've learned all the art of de-stressing. We all have challenges that can take a hefty toll on us, whether it's a health issue, time constraint, financial burden, or having a lot on your plate.

When I feel stressed or overwhelmed, I listen to inspirational audiobooks. More recently, I've enjoyed listening to "Girl, Wash Your Face" by Rachel Hollis, and at the moment, I'm listening to "She's Still There" by Chrystal Evans Hurst.

I find that listening to others' stories and struggles can be helpful. You learn how they worked through times of monumental stress and then went on to excel and thrive. In many ways, these books help me say, "Snap out of it, Katie! You have the tools to turn this situation into something great! Time to get to work!"

And to bring it full circle, spending time outdoors and in nature can be very calming. It's time away from social media, cellphones, and the rush of everyday life that can help you decompress.

Don't forget to set your distractions to the side and look up at the clouds. Listen to the leaves rustling in the breeze and the squirrels chatter. It's a refreshing change of pace we all need every once and a while — and spring is certainly a time to enjoy that.



Kathryn E. Fleschner M.A. Miller

FSTN in the Community



This has been a big month for our community fundraising efforts. We just wrapped up a campaign called March Against Hunger which is sponsored by the Indiana State Bar Association and the Office of the Indiana Attorney General. For the 11th consecutive year, they have teamed up for Feeding Indiana's Hungry and created a friendly competition for all Indiana law firms. We competed in the Large Firm category and were able to raise \$1,300.00. All the money we raised will stay right here in the local community with Catholic Charities of Terre Haute. With our donation, Catholic Charities will be able to provide as many as 5,200 meals for hungry children, adults and seniors in our community.

Employee of the Month

Congratulations to our April Employee of the Month, Courtney Lutz



Courtney has been with the law firm for seven years and is the Intake Department Manager. She assists employees and oversees operations of the Intake Department on a daily basis. Her favorite thing about her job is the people she works with.

If Courtney could pick one superpower, it would be to slow down time. One invention Courtney would like to see in her lifetime is a Teleportation Device. And if she was stuck on an island, the three things she would bring are her family, wine, and her phone.

People who voted for Courtney said this, "Courtney is an excellent manager. She is very dedicated to her employees, her job and the firm. She is understanding, caring and always has a positive attitude."

May Day is Fast Approaching!

May 1 is May Day. Most people have heard of this holiday, but few know what it's really about. This week, we're dusting off the history books, breaking out the flower crowns, and learning a bit more about May Day.



The Many Meanings Of May Day

If you want to celebrate May Day, you'll first have to decide *which* May Day you're going to celebrate. There are several holidays celebrated on May 1, from ancient pagan festivals to holidays that celebrate workers' rights. This article has everything you need to know about the history of *all* the May Days.

10 Different Ways To Celebrate May Day

In the United States, most people who celebrate May Day will be celebrating a holiday that originated in England. These festivities celebrated the end of the spring and the beginning of summer with flower picking, games, and the famous Maypole. Robin Hood and his merry men were even known to make an appearance. Here are a few ways you can celebrate May Day today, even if you're nowhere near Sherwood Forest.

Wonderful Flower Crafts for All Ages

Flowers are a key part of most May Day celebrations. Traditionally, children would make flower wreaths and hang them on their neighbor's doors to ward off evil spirits. Today, flower crafts are a great way to capture the beauty of the season. Check out this video to learn how to make 19 different flower crafts that take less than five minutes! You'll be amazed at what you can create with a rose and some bubble wrap!

Just For Fun: The Most Beautiful Flowers In The World

May Day is a time to stop and smell the roses — or the gazanias! Get into the spirit of the season with the most beautiful flowers in the world.

May your May Day be wonderful, however you choose to celebrate.

**Recipe of the Month
Pasta Primavera**



This pasta is so perfect for spring, its name literally translates to "spring pasta."

Ingredients

- 12 ounces pasta, ideally fusilli
- 1/2 pound broccoli, florets
- 2 carrots, shredded
- 1 yellow bell pepper, cut into strips
- 1/4 cup extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 1 pint cherry tomatoes, halved
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup grated Parmesan cheese, ideally Parmigiano-Reggiano
- Kosher salt, for pasta water and to taste

Directions

1. In a large pot, liberally salt water and bring to a boil. Add fusilli and cook according to package directions. Add broccoli, carrots, and bell pepper during the last 2 minutes of cook time.
2. Drain the pasta and veggies, reserving 1/2 cup of cooking liquid. Return pasta and veggies to pot.
3. In a large skillet, heat olive oil to medium heat. Add garlic and cook until translucent and golden, 30 seconds. Add tomatoes, red pepper flakes, and 1 teaspoon salt. Cook until tomatoes are wilted, about 2 minutes. Stir in reserved pasta water.
4. Add tomato mixture to pasta pot, stirring to coat evenly.
5. Divide into bowls, top with Parmesan, and serve.

Check Out Our Website!

Click on the following link to easily access the Fleschner, Stark, Tanoos & Newlin website. We have a lot of important information on our website, including active Mass Tort Claims we are handling, updates at our law firm, blogs, Attorney bios, and much more. The main page is also where you will find a link (green box) in the top left corner to quickly and easily access your FSTN Client Portal. Have you joined the Portal yet? Ask your Case Manager how you can join today!

www.FleschnerLaw.com

Real Client Reviews

Jim K recommends **Fleschner, Stark, Tanoos & Newlin**.
"Highly Professional Service . I can personally 100 percent recommend this Law Firm."

David H recommends **Fleschner, Stark, Tanoos & Newlin**.
"So I'm a 31 year old male who served for 5 plus years.. I applied in 2015 For SSDI and got denied, and when I hired this firm in January 2018 and just had court of on the 8th of Jan 2019 and we won our hearing in less than 15 mins in the hearing!! Now time to wait for my benefits thank you guys so very much for big help, and easy to work with.... I would honestly refer them to any who asks!!!"

Regina S recommends **Fleschner, Stark, Tanoos & Newlin**.
"Good lawyer. Will help you get your social security."

Case Types We Handle

Did You Know We Handle All of These Types of Cases?

- Bicycle crashes
- Car accidents
- Pedestrian injuries
- Slips, trips, and falls
- Brain injuries
- Medical malpractice
- Wrongful death
- Social Security disability
- Family law
- Real Estate Law
- Wills & Estate Planning

Whether you were injured in a car crash or disabled due to a medical condition, you deserve experienced attorneys fighting for you. At Fleschner, Stark, Tanoos & Newlin, our firm's success depends on getting results for you. Contact us at 1-800-618-4878 or www.fleschnerlaw.com.

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