

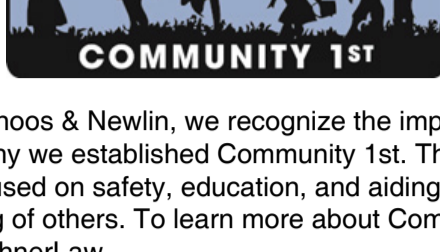


Steve Fleschner Dennis Stark Anthony A. Tanoos Thomas C. Newlin



**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](http://www.facebook.com/FleschnerLaw)

**Got Any Plans for the Summer?**

Summer is a time when the weather is a little nicer, the days are a little longer, and we have a little extra free time. Don't let those moments get eaten up by social media or another marathon of "The Office." Make this the summer the season of new adventures! Check out some of these hobbies you can try today.



**Hobbies To Embrace The Great Outdoors**

Remember childhood summers when you played outside with your friends until the street lamps came on? Relive a few of those lost memories by getting back outside with these great hobbies. Start planning that big camping trip you've always talked about, or maybe explore that secret passion you've always had for botany. Follow your interests to make this summer a little more fun.

**Prefer To Stay In? Hobbies To Enjoy At Home**

The outdoors isn't everyone's cup of tea. If you prefer to stay away from the bugs and near your A/C, that's okay! There are plenty of fun indoor hobbies you can indulge in. This article looks at indoor hobbies for cold winter months, but who says you can't start learning calligraphy in June?

**7 Tips To Have A Hobby When You Don't Have The Time**

When your schedule is packed from dawn until dusk, it's easy to think you never have time for fun hobbies of your own. Work, parenting, errands, and other responsibilities eat up the day. We're all busy, but it is possible to make time for your hobbies, even if you have to schedule it around work. Let these tips help you make a little extra time for doing what you love.

**Just For Fun: Odd Hobbies You Might Love**

Most people are happy scrapbooking or riding their bike after work. Others prefer to live on the wild (and weird) side. From beetle fighting to extreme ironing — yes, it's a thing — here are some unusual hobbies people actually enjoy.

Here's to a fantastic summer,  
Caleb Fleschner

**Clubs: Not Just for High School  
The Best Way to Stay Active in Retirement**



While it's great not having your nose to the grindstone nine-to-five, leaving work also means leaving behind a lot of daily activities and social interaction. Eventually, having nothing but free time goes from relaxing to isolating, and that can be dangerous to your physical and mental health. When planning for retirement, it's important to plan ways to stay active and engaged. Joining a new organization or club can be a huge benefit. Here are a few suggestions to help you stay active in retirement.

**Enjoy Your Hobbies**

Did you spend years dreaming about hitting the golf course every day? While it can be nice to spend some time alone on the green, consider joining a golfers club if you want to mix things up. Enjoy scrapbooking? Check for get-togethers at the craft shop. If you've always wanted to try pottery, look for a class at the rec center. It's easy to find groups dedicated to just about any activity.

**Get Involved**

Think of the causes you're passionate about and get involved! Animal shelters and soup kitchens are always looking for volunteer help. Book lovers of all ages can join their local Friends of Libraries chapter. To make a difference through politics, help with fundraisers or join an active campaign. If you want to stay closer to home, check out your local homeowners association. There are plenty of ways to engage with like-minded people while making a difference.

**Try Something New**

Don't know where to start when looking for a group to join? Start online! Try searching "groups for retirees" and see what comes up. You might discover a travel group and start planning your trip to Asia. Or maybe you'll have more fun mentoring young people in your professional field. Don't be afraid to spend your retirement doing something new!

There's nothing wrong with enjoying your alone time, but don't let your alone time turn into a lonely retirement. Joining a group can help you broaden your social circle, stay active, and maybe even learn something new about yourself.

**Employee of the Month**

**Congratulations to our March Employee of the Month, Pam Quiroz!**



Pam has been with our law firm for ten years this November. She is a Medical Records Requester and she requests, submits, and calls to check status of medical records for our clients. Her favorite thing about her job is helping people from behind the scenes.

Here are some fun questions Pam answered!

1. If you could pick a superpower, what would you choose? Shape shifter
2. What technology or invention would you love to see in your lifetime? Flying cars
3. Can you play any instruments? Piano
4. If given a chance, who would you like to be for a day? Queen Elizabeth
5. If you were stuck on an island what three things would you bring? Motorboat, gasoline for the motorboat, and food.
6. Do you have a favorite quote? Hump Dayyyyyyyyyy!!  
People who voted for Pam said this, "Pam is amazing, and helps in whatever way she can so that things run smoothly!"

**Recipe of the Month  
Strawberry Mango Paletas**



**Ingredients**

- 1 ½ cups strawberries, chopped
- ½ cup granulated sugar
- 3 tablespoons fresh lime juice
- ½ teaspoon kosher salt
- 2 medium ripe mangoes, peeled, pitted, and chopped

**Directions**

1. In a saucepan, toss strawberries with 1/4 cup sugar and let stand at room temperature for 15 minutes.
2. Add 1/4 cup water and bring to a simmer over moderate heat. Cook strawberries until mixture thickens, about 5 minutes.
3. Remove from heat and stir in 1 tablespoon of lime juice and ¼ teaspoon of salt. Let cool completely, about 45 minutes.
4. Meanwhile, in a blender, purée mangoes with 1/4 cup sugar, 2 tablespoons lime juice, and 1/4 teaspoon salt until smooth. Scrape into a medium bowl and clean the blender. Then, purée strawberry mixture until smooth.
5. Into 8 3-ounce ice pop molds, spoon 2 tablespoons mango purée. Add 2 tablespoons strawberry purée to each mold, then top with remaining mango purée, leaving 1/2 inch between filling and top of mold.
6. Using a small knife, gently swirl layers together.
7. Insert ice pop sticks and freeze until solid.
8. Dip molds in hot water for a few seconds, then unmold paletas and serve immediately.

*Inspired by Food & Wine Magazine*

**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](http://www.FleschnerLaw.com)

**Real Client Reviews**

**Kim P** recommends **Fleschner, Stark, Tanoos & Newlin.**

"High Professional Service. I can personally 100 percent recommend this Law Firm"

**Kathy W - 5 Stars**

"This firm helped me 4 years ago for my SS disability and in 3 months I was approved. They also helped my sister on her disability. They are AWESOME no doubt about it. Thank you to all who worked on my case."

**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](http://www.fleschnerlaw.com).

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