



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

Written in the Pages of Life



I come from a family that really values education. A good education can help you get where you want to go in life. Education isn't just about going to school; it's also about gaining experience along the way.

When I was in grade school, as soon as I could read and write, that was just about all I wanted to do. I loved sitting down with a book (and still do) or writing a poem or a story. I loved the ability to create something from my imagination. Reading and writing open up a huge new world full of possibilities, and it's remarkable how you can turn thoughts into something real that you can share with the world.

A lot of the time, I gravitated toward poetry writing. I actually have a bunch of my early poems from the first and second grade when I was learning all the basics of reading and writing. As I got older, I started writing more short stories. In college, I took a few writing classes to really hone the craft.

When I was in law school, my love of writing really paid off. Legal writing is very different from what I had done before, but the ability to put thoughts to paper and convey crucial information to others is what really mattered. And today, it's a skill that continues to be invaluable.

Reading meant just as much to me as writing. I was very into the Harry Potter series, as many people were (and still are!). I love fiction books in general, but the Harry Potter series was particularly engrossing. I loved how J.K. Rowling weaved together so many different things as the story went on. Once you started reading, you couldn't set the book back down!

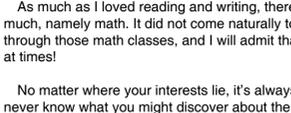
We're working to instill the value of education, reading, and writing in our kids, who are 2 and 5. While they can't read yet, they love storytime. We have something of a kitchen table tradition. After dinner, our 5-year-old and I make up stories together. I'll make up a sentence, then he'll make up a sentence — or he'll just make up all the sentences.

Every story starts with a theme. As we make up the story, I'll write it down and at the end, I'll read it back. We've also started recording the story as I read it. He'll listen to it and have a great time hearing his story come to life!

We also read a ton of books at night before bed. I tell my 5-year-old "just two or three books tonight," but somehow it always turns into five or more. My 2-year-old has also begun to really enjoy storytime before bed. He grabs as many books as possible from his bookcase and piles them high beside the rocking chair. He loves to point to objects on the page, and he enjoys trying to repeat words that I read to him. His vocabulary is growing quickly! It's awesome to see him develop and discover his own love of reading!

As much as I loved reading and writing, there were subjects I didn't love nearly as much, namely math. It did not come naturally to me at all. It took a lot of effort to get through those math classes, and I will admit that the calculator has been my best friend at times!

No matter where your interests lie, it's always good to keep learning and reading. You never know what you might discover about the world or about yourself!



FSTN Gives Back



For the past several years, FSTN has been providing back-to-school supplies for our employees' children and grandchildren. When kids start back to school, it can be a large financial burden on the family, especially if there are several children in the household. Clothes, shoes, book fees, backpacks, and supplies can really start to add up! We started this program because we saw a need to help our employees and lessen the burden this time of year. We were very happy and proud to provide supplies for eighty FSTN children this year! We hope to continue this tradition every year!

Employee of the Month

Congratulations to our August Employee of the Month, Marcy Boyll!



Marcy has been with the law firm for seven years and is an Application Specialist. She calls clients to complete applications and appeals for Social Security Disability. Her favorite thing about her job is the friendship she has with her coworkers and the opportunity to be of service to our clients.

People who voted for Marcy said this: "Marcy is always positive and helps her clients feel at home here at FSTN. It is rare not to see Marcy smiling or laughing."

Here are some fun questions Marcy answered:

1. **If you could pick a superpower, what would you choose?** Super speed
2. **What technology or invention would you love to see in your lifetime?** 100% Renewable energy use on the planet
3. **What's the strangest talent you have?** The ability to manipulate my eyebrows independently
4. **If given a chance, who would you like to be for a day?** Edgar Degas
5. **If you were stuck on an island, what three things would you bring?** Water, food and a boat!
6. **Do you have a favorite quote?** "Our true purpose is to fit ourselves to be of maximum service to God and the people about us." Bill Wilson
7. **What tv show/movie are you ashamed to admit you love?** Below Deck Mediterranean
8. **Imagine you could step in a teleport for a day and go to any place and time in history. Where and when would you travel to?** Late 19th century Europe

Is Your Child Being Bullied?

What you can do to help

A new school year is a prime opportunity for kids to make new friends among their classmates. Unfortunately, kids also form connections during the school year that aren't always positive, and many children become the targets of school bullies. If you suspect your child is being bullied, there are a few things you can do to help.

Know the Signs

Kids usually don't open up about being bullied right away. However, there are a few of them: common signs that your children are being harassed. Here are a few of them:

- If they're refusing to go to school or ride the bus, they may be dreading their bully.
- If they're rushing to the bathroom after school, it may indicate that they're being bullied in the bathroom, which is a common tactic bullies use to avoid teachers.
- If their grades suddenly change, it may be the result of constant harassment.
- Anxious or depressed moods can be the result of bullying as well.

If you spot one or more of these signs, it's time to talk to your child about what's happening to him at school.

Listen

When your child does open up, the best thing you can do is listen. It can be tempting to try to give him advice or question the way he handled the situation, but doing this can give your child the impression that it's his own fault he is being bullied. Let him tell you the whole story, without judgment, and then help him come up with ideas on what to do next.

Finding the Right Solution

Once you've been informed that your child is being bullied, you should inform teachers as soon as possible. Talk to him about that, there are several ways you can help your child to deal with bullies, so talk to him about what approach he would be most comfortable with, such as de-escalation strategies or a buddy system with his friends. As with most conflicts, the sooner you handle the situation, the better.

Recipe of the Month

Cacio E Pepe



Italian for "cheese and pepper," cacio e pepe is like a refined version of mac and cheese. It's crowd-pleasing enough to satisfy the pickiest eaters and refined enough to sate the foodies.

Ingredients

- 6 oz pasta, ideally spaghetti or bucatini
- 3 tbsp unsalted butter, cubed and divided
- 1 tsp freshly ground black pepper
- 3/4 cup finely grated Parmesan cheese, ideally Parmigiano-Reggiano
- 1/3 cup finely grated pecorino
- Kosher salt, for pasta water and to taste

Directions

1. In a large pot, bring 3 quarts of salted water to a boil. Add pasta and cook, stopping 2 minutes short of desired doneness. Drain pasta, reserving 1/2 cup of pasta water.
2. In a large pan over medium heat, melt 2 tablespoons butter. Add pepper and cook until toasted and aromatic, about 1 minute. Add reserved pasta water and bring to a simmer.
3. Transfer pasta and remaining butter to pan and reduce heat to low. Add Parmesan cheese and cook until melted, tossing pasta throughout. Remove pan from heat and add pecorino, continuing to toss until cheese is melted and sauce coats pasta.
4. Transfer to bowls and serve.

Inspired by *Bon Appetit* 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

Real Client Reviews

"I was impressed with the professionalism. I would recommend them to anyone looking for good attorneys. They kept me in the loop and discussed the case with me. I had never been through anything like this, if I had to do it all over again, I would still choose this law firm."

-Russel M

"This is one of the best law firms I can refer for to anyone to use when they are looking to find someone to help them with their social disability filing. I used them after two failed attempts on my own and we had a three year battle with my state here in NC and through their professionalism and teams that they have that strictly work with just social security disability we won my case and what a great outcome we had, the professionalism of this firm and staying in contact through this ordeal I am so proud and glad I chose them and I would recommend to anyone fighting a battle with the social security disability claims department they are a winning law firm."

-Doris H

Case Types We Handle

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

- Family Law
- Bicycle crashes
- Car accidents
- Pedestrian injuries
- Slips, trips, and falls
- Brain injuries
- Medical malpractice
- Wrongful death
- Social Security disability
- 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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