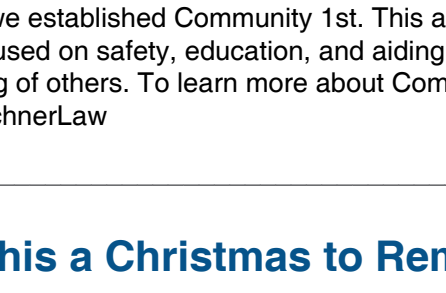


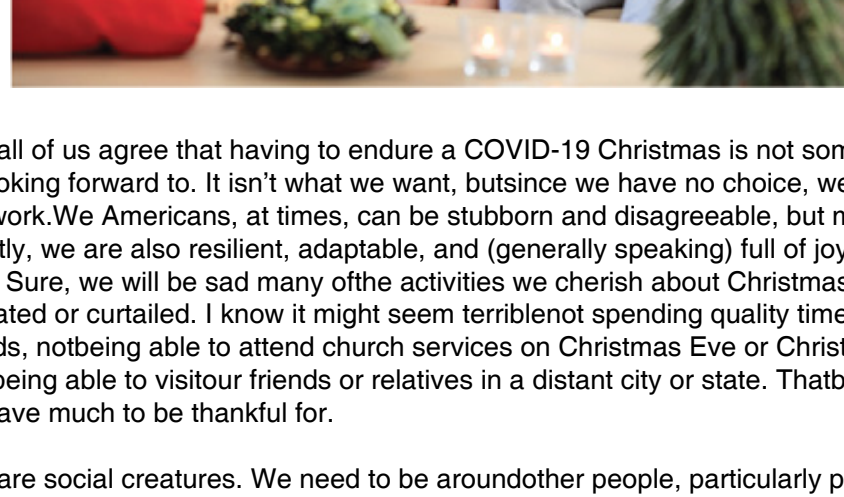
FSTN News

#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

Make This a Christmas to Remember!



I'm sure all of us agree that having to endure a COVID-19 Christmas is not something we are looking forward to. It isn't what we want, but since we have no choice, we will make it work. We Americans, at times, can be stubborn and disagreeable, but more importantly, we are also resilient, adaptable, and (generally speaking) full of joy and goodwill. Sure, we will be sad many of the activities we cherish about Christmas will be eliminated or curtailed. I know it might seem terrible not spending quality time with all our friends, not being able to attend church services on Christmas Eve or Christmas day, and not being able to visit our friends or relatives in a distant city or state. That being said, we still have much to be thankful for.

All of us are social creatures. We need to be around other people, particularly people we care a lot about. We need contact with others to nurture our mental, emotional, and even spiritual well-being. On the bright side, we live in a time where it is much easier to stay in contact with friends and family. Just think how isolated we would have felt had we lived during the pandemic of 1918. We may not be able to touch and hug all our loved ones this Christmas, but we have myriad options to let them know we are thinking of them. In fact, it might be fun to see how many different ways you can communicate with your favorite people: write, call, FaceTime, Facebook live, email, do online Christmas cards, send voice messages, make Zoom video calls with family and friends, send a group newsletter, send TikTok videos, and consider gift exchanges on Elfster (the Secret Santa app). I must admit I don't know a lot about some of the above social media platforms, but many of the young people I know say they are great. Just think how happy and surprised your family and friends will be if you contact them multiple times using different means of communication. Also think of (and try) different ways to use social media to connect — try singing Christmas carols together and play your favorite games. My grandsons (who are 3 and 6 years old) love playing charades. We are going to help them play charades with their out-of-state cousins on Zoom. I can't imagine how funny that will be.

Set aside some "me" time. Read a good book or two over the holidays. Watch some movies you haven't seen before. Watch shows you loved but haven't seen for years. I loved *Star Wars* movies; my wife and I would always try to go opening night. In fact, a couple of days ago, we were downstairs watching the CBS series *The Mandalorian*. After it was over, she decided we should watch one of our favorite *Star Wars* movies, *The Empire Strikes Back*. It was great. Hard to believe we were 40 years younger the first time we saw it together.

Remember, Christmas is a time of joy, and nothing is more joyful than making others happy. Just because you are limiting contact with others, that doesn't mean you can't leave a present, box of candy, or a homemade cake or pie on someone's doorstep. My late mother found great joy in baking pies for ill and elderly acquaintances. Sometimes I would drive her to drop off her pies. I remember how happy this made both the giver and the receiver. If you do this, remember to practice social distancing.

Many people are hurting financially as a result of the pandemic. Say a prayer for them, call and encourage them, and give what you can. I know I don't give as much as I should, but I have found that I feel a special kind of joy whenever I make anonymous gifts or donations. Try it! You will feel great. Take time to reach out to those you know who are lonely and grieving. Your voice and encouragement will mean more to them than you may ever know.

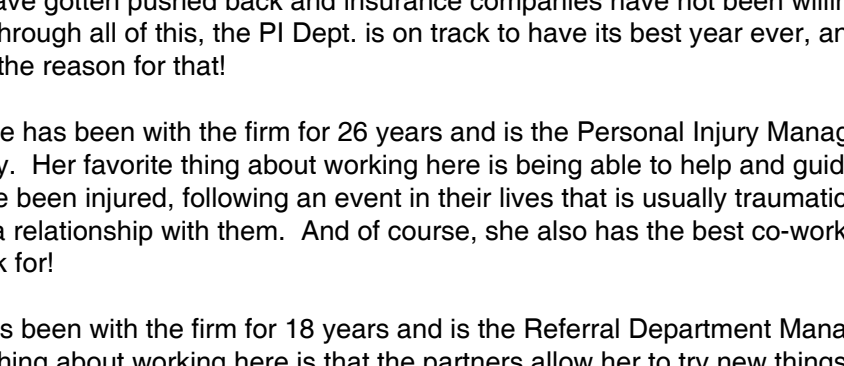
Finally, everyone at our law firm wants to wish you and yours a merry Christmas. If you have lost a loved one, we are so sorry for your loss.

Be safe out there. If we can help you in any way, or if you just need to talk with someone, feel free to call us.

I know you have heard over and over to wear a mask, wash your hands frequently, and to practice social distancing. If you are doing so, please continue to do so. If you aren't, please start **NOW**— your friends and family need you and don't want to lose you.

Thomas C. Newlin

Congratulations to our December Employees of the Month, The Personal Injury Department!



Congratulations to our December Employee of the Month, our Personal Injury Department! Stephanie Crampton, Krista Duzan, Shelby Waters, and Forrest Gatrell make up the PI Dept. at our law firm and they work very hard every day for our clients. Since COVID hit, the court systems and insurance companies have not been willing to settle. Cases have gotten pushed back and insurance companies have not been willing to settle. Through all of this, the PI Dept. is on track to have its best year ever, and this group is the reason for that!

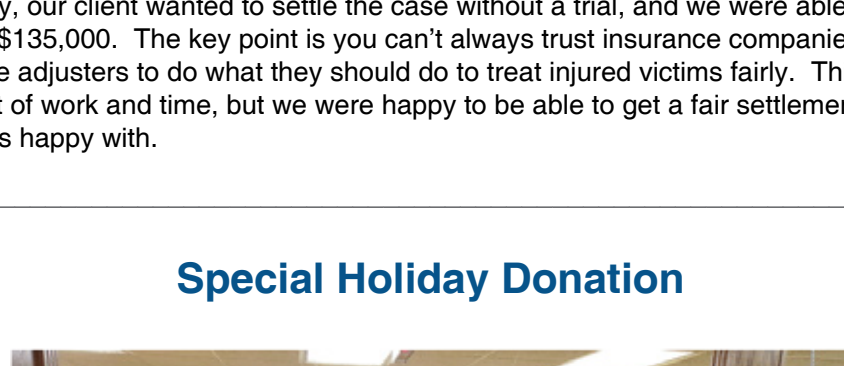
Stephanie has been with the firm for 26 years and is the Personal Injury Manager/Legal Secretary. Her favorite thing about working here is being able to help and guide people who have been injured, following an event in their lives that is usually traumatic and forming a relationship with them. And of course, she also has the best co-workers she could ask for!

Krista has been with the firm for 18 years and is the Referral Department Manager. Her favorite thing about working here is that the partners allow her to try new things for the firm.

Shelby has been with the firm for seven years and is a Personal Injury Paralegal. Her favorite thing about working at FSTN is the opportunity to grow as an employee with the firm for the past seven years and she really enjoys her co-workers in the PI Department!

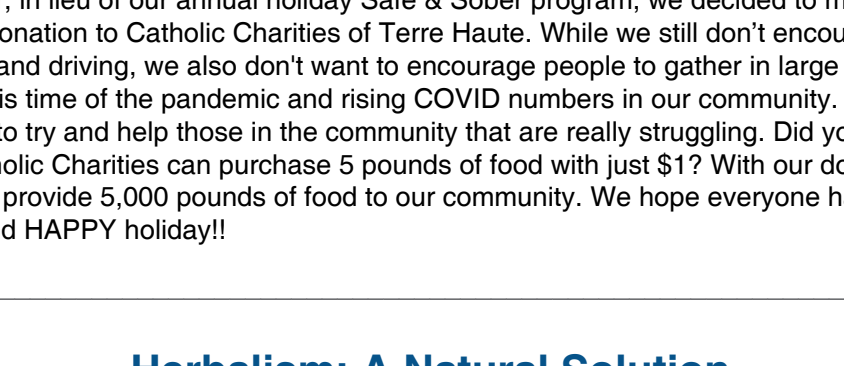
Forrest has been with the firm for four months now, but also worked here in the summer of 2017. He is a Personal Injury Intake Paralegal at the firm and his favorite thing about working here is the firm-wide trivia questions sent out by Tom Newlin!

You Can't Always Believe the Insurance Company



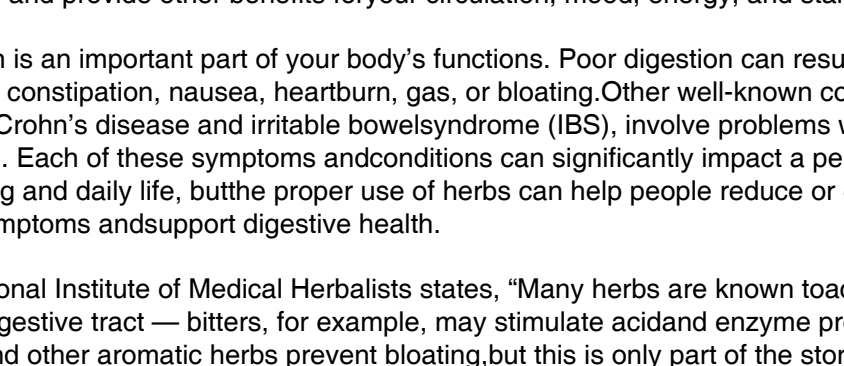
We recently settled a personal injury case for a very deserving elderly client. The collision took place in Illinois. Our client had right of way and was driving his truck through an intersection when another driver blew through the intersection, hitting our client's vehicle broadside. Our client suffered a painful back injury. At first, the insurance company for the at-fault driver argued their insurance policy didn't cover the driver responsible for the collision. Then when they finally did admit there was insurance coverage, they maintained the maximum amount they were responsible for was \$100,000. They refused to offer policy limits. Suit was filed on behalf of our client. Ultimately, our client wanted to settle the case without a trial, and we were able to settle case for \$135,000. The key point is you can't always trust insurance companies and insurance adjusters to do what they should do to treat injured victims fairly. This case took a lot of work and time, but we were happy to be able to get a fair settlement our client was happy with.

Special Holiday Donation



This year, in lieu of our annual holiday Safe & Sober program, we decided to make a \$1,000 donation to Catholic Charities of Terre Haute. While we still don't encourage drinking and driving, we also don't want to encourage people to gather in large numbers during this time of the pandemic and rising COVID numbers in our community. So, we decided to try and help those in the community that are really struggling. Did you know that Catholic Charities can purchase 5 pounds of food with just \$1? With our donation, they can provide 5,000 pounds of food to our community. We hope everyone has a SAFE and HAPPY holiday!!

Herbalism: A Natural Solution To Improve Your Digestive Health



Herbalism, a plant-based medicine, is used to heal and improve your body's functions. This medical practice is thousands of years old and dates back to the ancient Egyptians, but qualified herbalists continue to use herbal medicine today. Through the use of a variety of plants (roots, flowers, and leaves), herbalism can help improve digestion and provide other benefits for your circulation, mood, energy, and stamina.

Digestion is an important part of your body's functions. Poor digestion can result in diarrhea, constipation, nausea, heartburn, gas, or bloating. Other well-known conditions, such as Crohn's disease and irritable bowel syndrome (IBS), involve problems with digestion. Each of these symptoms and conditions can significantly impact a person's well-being and daily life, but the proper use of herbs can help people reduce or ease these symptoms and support digestive health.

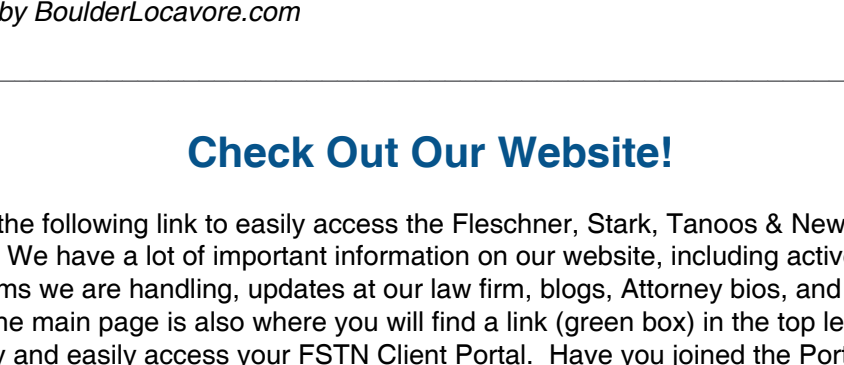
The National Institute of Medical Herbalists states, "Many herbs are known to act directly on the digestive tract — bitters, for example, may stimulate acid and enzyme production, fennel and other aromatic herbs prevent bloating, but this is only part of the story." If left untreated, poor digestion results in the inflammation of the digestive tract. When it comes to decreasing the risk of inflammation and other symptoms, a medical herbalist will consider a person's total health when putting together the herbs needed for treatment.

Many herbs can help your digestive system function well and stay healthy. Here are a few you can include in your daily meals or use when you have an uncomfortable gut feeling, according to TraditionalMedicinals.com.

- To calm the nerves: chamomile, lemon balm, and lavender
- To relieve cramping: ginger and fennel
- To alleviate constipation: dandelion leaf and root tea

For more information about herbalism and how it can benefit your health, visit the National Institute of Medical Herbalists at NIMH.org.uk.

Recipe of the Month Festive Apple Cider



If you're cutting back on calories, skip the eggnog and buttered rum this year and fill up your mug with this delicious, mulled cider!

Ingredients

- 1 lemon
- 1-gallon pure apple cider
- 1 large orange, thinly sliced crosswise
- 2 tsp whole cloves
- 2 tsp allspice berries
- 1-inch fresh ginger, thinly sliced
- 2 tbsp honey
- 3 cinnamon sticks

Directions

1. Using a paring knife, shave the lemon peel off in curls. Reserve the curls and save the lemon for use in a different recipe.
2. In a large slow cooker, combine the lemon peel with all other ingredients. Cook on low for 3–4 hours.
3. If desired, use a sieve to strain the spices. Serve and enjoy!

Inspired by BoulderLocavore.com

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

"My health was important to them. They were kind and very patient. The case manager always got back to me promptly through the message portal. They answered my questions and listened to me cry, frustrated, because I had been struggling for so many years. Not one time did anyone from the firm make me feel like a case. William was so nice and very professional. He kept it real and was very caring from start to finish. I felt like God had sent me to him. He was easy to talk to, and he followed up as best he could. Overall, I am so very pleased. It was a bit nerve-racking at first, but Jamie and the other case managers never hesitated to reach out to me about any of my concerns. I am truly blessed to have found this firm. They made me feel important with all their efforts and hard work. I would recommend them to anyone. They are a wonderful, dedicated group of people. God bless each of them."

—Ms. Lisa L. S.

Case Types We Handle

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

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

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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