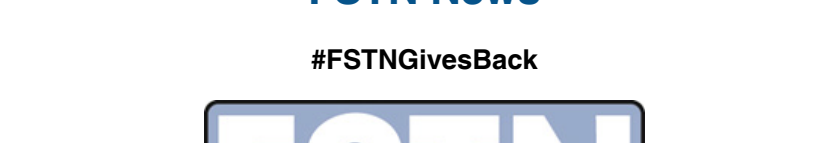
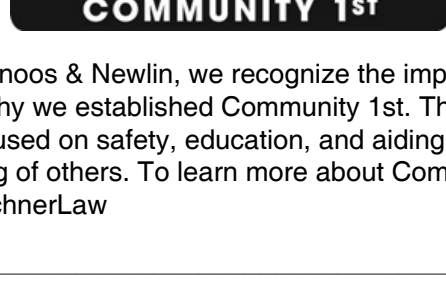


Steve Fleschner, Dennis Stark, Anthony A. Tanoos, Thomas C. Newlin



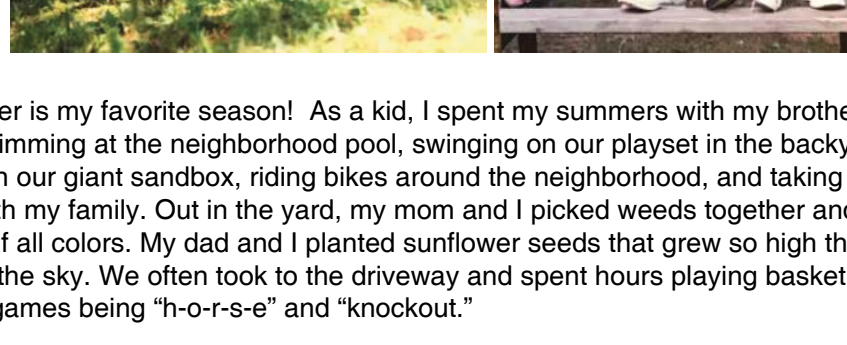
**FSTN News**

**#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)

**Katie's Reflections on Childhood Summers**



Summer is my favorite season! As a kid, I spent my summers with my brothers and sister swimming at the neighborhood pool, swinging on our playset in the backyard, digging in our giant sandbox, riding bikes around the neighborhood, and taking evening walks with my family. Out in the yard, my mom and I picked weeds together and planted flowers of all colors. My dad and I planted sunflower seeds that grew so high they touched the sky. We often took to the driveway and spent hours playing basketball, our favorite games being "h-o-r-s-e" and "knockout."

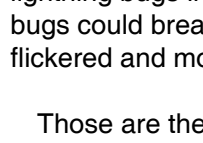
One summer, I wanted to set a world record for the longest time a kite was ever flown. When my neighbors left their house in the morning, my kite had lifted in the air, and when they later returned to their house from their errands, my kite was still flying. I decided that day I had done it, I had set a world kite-flying record. My siblings and I did some things we probably should not have done, like pretending to star in an *Indiana Jones* movie and climbing out of our second story bathroom window onto a tree and then descending to the ground. Thankfully, we made it out unharmed.

Summer was the time I could stay at my grandparents' house as much as I wanted. My grandparents lived a life in the country, and I enjoyed being immersed in their different way of living. Stooped over in the hot sun, I picked tomatoes, cucumbers, peppers, and green beans with my grandma from her garden. We sat at the oval wooden table in her kitchen and snapped green beans as the smell of earthy dirt filled our noses and the sound of snapping beans filled our ears. I loved being in my grandparents' barn and watching my grandpa's big strong hands use tools to fix or build things. Occasionally, I could sit on his lap on the riding lawn mower while the mower glided up and down the big hill in the pasture and my hands tickled on the vibrating steering wheel.

On the hottest of summer days, grandma, and I (and usually my great aunt living just across the street) would sit in lawn chairs in a circle under the shade of an old tree. Grandma told me her favorite creation on earth was trees. She always had a big glass of iced tea, and another glass to offer anyone that wanted to join. She also had an endless amount of chocolate bars in her refrigerator. My favorites were Butterfingers and Mr. Goodbars. After dark, the sky around my grandparents' house and above the fields was polka-dotted with the flashing yellow lights of lightning bugs. Sometimes we caught the lightning bugs in my grandma's pickling jars and poked holes in the lids so the lightning bugs could breathe. Most of the time, though, I watched in amazement as the little lights flickered and moved, making it impossible to keep track of the path of just one.

Those are the summers I knew, and the memories I love. Until today, I had not considered why those were brilliantly meaningful moments in my life, I just knew that they were. Taking time to look back, I now see what made those summers special. The common threads woven through those memories are time spent, in an undistracted manner, with my family or people I love, and time spent outdoors. For me, the combination of those two things occurring at the same time equated to a magical moment in time that could be felt in my heart and soul and deep in my bones. With that realization, I feel stress melt away. I don't need extravagant plans for my family. It's okay we don't have something on our calendar every day or week. It's okay that the pandemic is slowing us down and making us cross some activities off the list. In fact, it's those casual, unplanned moments of just simply being together, that become the moments that are everything to us.

So, for the next few months of summer, I am going to continue to do what I have been doing the last three months while having some extra time at home with my kids. I'm going to push my kids on the swing set under the shady tree, slurp on melting popsicles while playing barefoot in our driveway, race around the cul-de-sac on bicycles, climb trees, run through the sprinklers, and sit outdoors in our chairs hooting back and forth with the owls. Years from now, these will be the memories my kids and I will love most.



*Kathryn E. Fleschner-McMillan*

**Let's Sing A Campfire Song**



Many fun summer vacations had to be canceled this year due to the COVID-19 pandemic. Travel isn't recommended when trying to suppress the spread of a dangerous virus. Fortunately, there are still opportunities to have fun adventures while practicing safe social distancing. Why not use this time to plan your next camping trip?

**Why Camp?**

Camping is a great opportunity to get away from it all and relax in nature. But more than just a good vacation, going camping is actually good for your physical health and mental well-being. Hiking through the woods is great exercise, and camping provides families a chance to reconnect while disconnected from technology. Research shows that being in nature is good for your health.

**Camping Health And Safety Tips**

All activities come with some risks, and if you're out camping away from civilization, you need to take these risks very seriously since it will take longer to reach help should you need it. Check out the Centers for Disease Control and Prevention's guide to help keep you and your family safe during your next camping trip.

**Turn Your Backyard Into The Ultimate Campsite**

Can't get out into the mountains to pitch your tent? No problem! Your backyard can be the perfect camping destination. With some planning and a little imagination, your backyard can become the best camping experience you've ever had. And the best part is that if you don't want to sleep on the ground all night, your bed is only a short walk away.

**Just For Fun: 24 Of The Most Scenic Places To Camp in the United States**

Not sure where to go for your next camping adventure? Consider checking out some of the most beautiful campsites in the United States!

**Delivery Boxes Piling Up?**

**4 Ways to Reuse Instead of Recycle**



As more people opt for online shopping, the number of home deliveries is skyrocketing. Almost every item ordered comes in its own cardboard box, and nearly 20% of these boxes end up in landfills, while the other 80% require significant amounts of energy to recycle. Here are four ways to reuse those boxes instead of just tossing them out.

**GARDEN BED STARTERS**

Because cardboard boxes are loaded with carbon and not contaminated by many other chemicals, they're great for starting new plants or flower beds. They help reduce weeds and protect weak or young plants from the elements, and when the carbon in cardboard combines with the nitrogen in the dirt, a nutrient-rich soil emerges for plants to flourish in.

**COMPOST**

Clean corrugated cardboard — what most Amazon boxes are made of — is another great source of useful carbon. Cut your boxes into pieces and place them in your compost pile so the carbon combines with the nitrogen from food scraps. The process helps break the pile down into nutrient-rich humus for healthy soil.

**TOYS OR ART SUPPLIES**

Kids tend to play with the box their new toy came in rather than the toy itself for a reason. Cardboard boxes spark creativity, and the possibilities are endless! Boxes can be used as forts, spaceships, building blocks, art canvases, and more. Empty boxes can provide hours of fun with a little help from a vivid imagination.

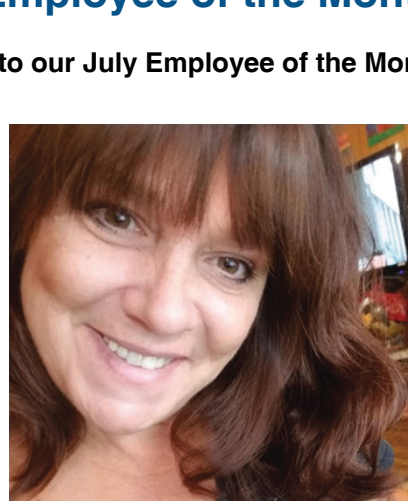
**STORAGE**

Boxes are meant for holding items, so use empty ones to organize a cluttered garage or attic or safely store less frequently used items like winter jackets or holiday decorations. If the brown cardboard aesthetic on a shelf just won't cut it, paint the boxes, or wrap them in eye-catching gift wrap, then label them.

If you're not sure how you want to use your boxes, just hold on to them until you're ready. The beauty of cardboard is that you can break it down, store it easily, and reconstruct the boxes later when you find a use for them.

**Employee of the Month**

**Congratulations to our July Employee of the Month, Krystal Wake!**



Congratulations to our July Employee of the Month, Krystal Wake!! Krystal has been with the law firm for twelve years and has had a variety of jobs over the years. Her current (self-proclaimed) title is "Special Ops". She stated, "I write briefs. Just that—I can't count or anything." She also said, "My favorite thing about working at FSTN is the way I am treated, accepted for who I am, and trusted to get the job done."

People who nominated Krystal said this: "Krystal has been a valued employee for several years and she epitomizes our core values at FSTN. She is a bright light and joy as a person and a co-worker."

**Here are some fun questions we asked Krystal:**

1. **Do you have any strange talents?** "I can do nun chucks"
2. **Who would you be for just one day?** "Pfft... Judge Judy!"
3. **If you were stuck on an island, what three things would you bring?** "A knife, a lighter, and a large sheet of plastic to make a solar well. (I've studied on this...)"
4. **TV Show you hate to admit you love?** "90 Day Fiancé and The Other Way."
5. **What is your favorite quote?** "The early bird gets the worm, but it's the second mouse that gets the cheese..."

**Recipe of the Month**

**No-Churn S'mores Ice Cream**



**July is National Ice Cream Month, so why not cool off with some sweet, homemade s'mores ice cream? You don't even need an ice cream churn!**

**Ingredients**

- 14 oz sweetened condensed milk
- 2 tsp vanilla extract
- 10 graham crackers, crushed
- 1 chocolate bar, chopped
- 2 cups whipping cream, chilled

**Directions**

1. In a large mixing bowl, combine sweetened condensed milk, vanilla extract, graham crackers, and chocolate.
2. In a separate bowl, use an electric mixer to beat whipping cream until peaks form, about 3 minutes.
3. Fold whipping cream into the condensed milk mixture. Transfer ice cream to a freezer-safe container, cover, and freeze for at least 8 hours.
4. Serve and enjoy on a hot summer day. It's especially delicious in a waffle cone!

*Inspired by GrainChanger.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](http://www.FleschnerLaw.com)**

**Real Client Reviews**

"I highly recommend. I was represented in a disability case. Everyone is very professional and pleasant. I was kept updated on all aspects, and anytime I had questions they were handled quickly. The attorney was very pleasant and explained everything before and after the hearing. After the approval they contacted me to let me know what to expect next. Excellent law firm."

*-Kelly S.*

"I would recommend your firm to anyone. You are on time and everyone in your office is professional. My attorney was great. Very knowledgeable. Thank you for getting me approved finally after all this time with my problems. Thank you!"

*-Crystal F.*

**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).

**Follow us...**

